

GROUP EXERCISE FALL SCHEDULE

LOCATIONS

ZESIGER CENTER

120 Vassar St. Cambridge, MA

T-CLUB

ALUMNI WANG CENTER

6 Vassar St. Cambridge, MA

SPIN
STUDIO

WANG
STUDIO

OTHER

SAILING
PAVILION

VIRTUAL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Mat Pilates 7:00 - 8:00am ANNA G.	Sailing Pavilion Yoga 7:00 - 8:00am ANNA G.	Sailing Pavilion Pilates 7:00 - 8:00am AMY	Sailing Pavilion Yoga 7:00 - 8:00am ANNA G.	Virtual Mat Pilates 7:00-7:30am Yoga 7:30-8am ANNA G.	
			Bootcamp 7:00 - 8:00am BLAKE		
HIIT 7:45 - 8:45am MATT	Spin & Sculpt 7:45 - 8:45am ANGIE	Vinyasa Flow Yoga 7:30 - 8:30am AYANNAH		Vinyasa Flow Yoga 7:30 - 8:30am AYANNAH	
					Bootcamp 9:30 - 10:30am JOANNA
	Free Virtual Zumba 12:00 - 1:00pm SANDRA		Free Express Cycle* 12:15 - 12:45pm EMILY		Vinyasa Yoga 10:45 - 11:45am LEINA
Free Dance Fitness* 12:00 - 1:00pm JINNY	Free Yoga* 12:00 - 1:00pm MAURICE/ANDREA	Free Strictly Strength* 12:00 - 1:00pm MOE	Free Mat Pilates* 12:00 - 1:00pm MAITE	Free Zumba* 12:00 - 1:00pm DARSHIKA	Free HIIT Pilates* 12:00 - 1:00pm CARISSMA
					*Free for Students & Members, Non- members pay \$15 day pass fee
Vinyasa Yoga 4:00 - 5:00pm ANNA G.	Barre 4:15 - 5:15pm MAITE	Mat Pilates 4:00 - 4:45pm ANNA G.	Vinyasa Yoga 4:45 - 5:45pm THOMAS	Cycle 4:30 - 5:15pm YUNSEO	
Roll + Restore 5:00 - 6:00pm ANNA G.		Unwind Yoga 4:45 - 5:45pm ANNA G.	Cycle 5:00 - 5:45pm DANIEL/STAFF	Bootcamp 5:00 - 6:00pm MOE	
Cycle 5:30 - 6:15pm DANIJELA	Strictly Strength 5:15 - 6:15pm ELENA	Cycle 5:30 - 6:15pm CHARLIE			
Zumba 6:00 - 7:00pm CESAR	Cycle 6:00 - 6:45pm AMANDA	Cardio Kickboxing 5:45 - 6:45pm LEO	Barre 5:45 - 6:45pm JESSICA	Zumba 6:00 - 7:00pm CESAR	
Virtual Barre 6:00 - 6:45pm WENDY	BollyX 6:30 - 7:30 pm AMY	CIRCL Mobility 6:45 - 7:30pm LEO	HIIT 6:45 - 7:30pm JESSICA		
		Vinyasa Yoga 7:30 - 8:30pm LEINA	Dance Fitness 7:30 - 8:30pm ANNA S.		



Please scan the QR code to view the live schedule with exact class times, locations, instructors, class descriptions, and pricing. Updated 8/20/25.