MIT RECREATION

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
				Alignment Flow Yoga 6:30 - 7:30am KELLY	
Sailing Pavilion Pilates 7:00 - 7:45am 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.	
	Spin & Sculpt 7:45 - 8:45am ANGIE	Vinyasa Yoga 7:45 - 8:45am THOMAS	Spin & Sculpt 7:45 - 8:45am ANGIE	Strictly Strength 7:45 - 8:45am EMILY W.	
					Strictly Strength (begins 9/19) 10:30 - 11:30am KIRAN
BollyX 12:00 - 1:00pm AMY	Vinyasa Yoga 12:00 - 1:00pm MAITE	Strictly Strength 12:00 - 1:00pm MOE	Barre 12:00 - 1:00pm MAITE	Zumba 12:00 - 1:00pm DARSHIKA	
			Unwind Yoga (begins 9/17) 1:00 - 2:00pm MAITE		Vinyasa Yoga 1:00 - 2:00pm LEINA
	Mat Pilates (begins 9/15) 3:00 - 4:00pm MAITE				
Alignment Flow Yoga 4:00 - 5:00pm ANNA G.	Barre (begins 9/15) 4:00 - 5:00pm MAITE	Mat Pilates 4:00 - 4:45pm ANNA G.		Mat Pilates 3:30 - 4:30pm AMY	*All classes are free for Students & Members. Non-members should purchase a temporary pass & pay drop in class fee.
Roll + Restore 5:00 - 6:00pm ANNA G.	Cardio Kickboxing 5:00 - 5:45pm ELENA	Unwind Yoga 4:45 - 5:45pm ANNA G.	Vinyasa Yoga 4:30 - 5:30pm APRIL	HIIT 4:30 - 5:30pm LIZ	
Cycle 5:15 - 6:00pm EMILY W.			Cycle 5:15 - 6:00pm STAFF	Zumba 5:30 - 6:30pm CESAR	
Zumba 6:00 - 7:00pm CESAR	Strictly Strength 5:45 - 6:45pm ELENA	Cardio Kickboxing 5:45 - 6:30pm LEO	Barre 5:45 - 6:45pm JESSICA		
Bootcamp 7:00 - 8:00pm JOANNA	Cardio Dance 6:45- 7:45pm ANNA S.	Zumba 6:30 - 7:30pm LEO	HIIT 6:45 - 7:30pm JESSICA	Vinyasa Yoga 6:30 - 7:30pm APRIL	
	Vinyasa Yoga 7:45 - 8:45pm NAOMI	Vinyasa Yoga 7:45 - 8:45pm LEINA			

Please scan the QR code to view the live schedule with exact class times, locations, instructors, class descriptions, and pricing. Updated 8/24/26.