

# GROUP EXERCISE FALL SCHEDULE

**LOCATIONS**

**ZESIGER CENTER**  
120 Vassar St. Cambridge, MA

T-CLUB

**ALUMNI WANG CENTER**  
32 Vassar St. Cambridge, MA

SPIN  
STUDIO

WANG  
STUDIO

YOGA  
STUDIO

**OTHER**

SAILING  
PAVILION

VIRTUAL

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 am	Mat Pilates	Sailing Pavilion Yoga	Sailing Pavilion Pilates	Sailing Pavilion Yoga	Virtual Mat Pilates & Yoga	
7:45 am	Spin & Sculpt	Spin & Sculpt		Spin & Sculpt		
10:00 am			Barre			(10:45) Strictly Strength
12:00 pm	Free Zumba	Free Vinyasa Yoga	Free Strictly Strength	Free Fitness Yoga	Free Zumba	Free Zumba
12:15 pm	Strictly Strength	Free Virtual Zumba (12pm)		Cycle Express	Reserved (3pm)	
4:15pm		Reserved (4pm)	Mat Pilates (4pm)	Reserved (4pm)	Strictly Strength	
4:45 pm	Cycle Express (pop up)		Barre		Cycle Express (pop up)	
5:15 pm	Zumba	Strictly Strength		Zumba (5:30pm)		
5:45 pm	Core Blast		Cardio Kickboxing		BollyX	
6:00 pm	Virtual Barre	Cycle		Barre	Bootcamp	
6:15pm	Unwind Yoga	BollyX	Cycle			
6:30 pm	HIIT			Vinyasa Yoga		
6:45pm			Zumba			
7:00pm				HIIT		
7:15pm		Fitness Yoga	Heal Flow Yoga (7:30)			

Please scan the QR code to view the live schedule with exact class times, locations, instructors, class descriptions, and pricing. Updated 9/10/23.

