

# GROUP EXERCISE FULL 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	Sunrise Yoga	Mat Pilates	Sunrise Yoga	Virtual Mat Pilates	
7:45 am	Spin & Sculpt	Spin & Sculpt		Spin & Sculpt	(7:30am) Virtual Yoga	
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	Bootcamp	Free Virtual Zumba (12pm)		Cycle Express		
					Reserved (3pm)	
4:00 pm			Mat Pilates		Strictly Strength (4:15)	
4:45 pm			Barre	Pop Up Class		
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	HIIT (7:00pm)		
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 11/6/23.

