

# GROUP EXERCISE SPRING 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.	Sunrise Yoga 7:00 - 8:00am ANNA G.			Virtual Mat Pilates 7:00 - 7:30am Yoga 7:30 - 8am ANNA G.	
HIIT 7:45 - 8:45am MATT	Spin & Sculpt 7:45 - 8:45am ANGIE	Vinyasa Yoga 7:30 - 8:30am THOMAS	Spin & Sculpt 7:45 - 8:45am ANGIE	Strictly Strength 7:45 - 8:45am EMILY W.	
					Bootcamp 9:30 - 10:30am JOANNA
					Vinyasa Yoga 10:45 - 11:45am LEINA
Free Dance Fitness* 12:00 - 1:00pm JINNY	Free Hatha Yoga* 12:00 - 1:00pm MAURICE	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 Virtual Zumba 12:00 - 1:00pm SANDRA		Free Express Cycle* 12:15 - 12:45pm EMILY L.		
Alignment Flow Yoga 4:00 - 5:00pm ANNA G.	Barre 4:15 - 5:15pm MAITE	Mat Pilates 4:00 - 4:45pm ANNA G.	Unwind Yoga 4:30 - 5:30pm SHELBY		*Free for Students & Members, Non-members pay \$15 day pass fee
Roll + Restore 5:00 - 6:00pm ANNA G.	Strictly Strength 5:15 - 6:15pm ELENA	Unwind Yoga 4:45 - 5:45pm ANNA G.	Cycle 5:00 - 5:45pm DANIEL	Bootcamp 5:00 - 6:00pm MOE	
Cycle 5:30 - 6:15pm EMILY W.					
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	
	BollyX 6:30 - 7:30 pm AMY	Zumba 6:45 - 7:30pm LEO	HIIT 6:45 - 7:30pm JESSICA		
		Vinyasa Yoga 7:30 - 8:30pm LEINA	Cardio Dance 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 1/27/26.