

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. | Mat Pilates 7:00 - 7:45am AMY | | 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 | | Spin & Sculpt 7:45 - 8:45am ANGIE | | |
| | | | | | 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. | | | *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 1/15/26.