

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	Sunrise Yoga 7:00-8:00am	Mat Pilates 7:00-8:00am		Virtual Mat Pilates 7:00-7:30am Yoga 7:30-8am	
Spin & Sculpt 7:45-8:45am	Spin & Sculpt 7:45-8:45am		Spin & Sculpt 7:45-8:45am	Bootcamp 7:45-8:45am	Power Yoga 9:30-10:30am
Power Yoga 9:30-10:30am	Free Virtual Zumba 12:00-1:00pm	Beginner's Yoga 9:30-10:30am			Strictly Strength 10:45-11:45am
Free Zumba* 12:00-1:00pm	Free Vinyasa Yoga* 12:00-1:00pm	Free Strictly Strength* 12:00-1:00pm	Free Express Cycle* 12:15-12:45pm	Free Zumba* 12:00-1:00pm	Free Zumba* 12:00-1:00pm
	Bootcamp 12:00-1:00pm	Zumba 12:00-1:00pm	Fitness Yoga 12:00pm-1:00pm		
HIIT 4:00-4:45pm	Barre 4:15-5:15pm	Mat Pilates 4:00-4:45pm		Strictly Strength 4:15-5:15pm	*Free for Students & Members, Non- members pay \$15 day pass fee
Core Blast 4:45-5:15pm		Unwind Yoga 4:45pm-5:45pm	Beginner's Yoga 4:45-5:45pm		
Zumba 5:15-6:15pm	Strictly Strength 5:15-6:15pm			BollyX 5:15-6:15pm	
Cycle 5:45-6:30pm		Cardio Kickboxing 5:45-6:45pm	Barre 5:45-6:45pm		
Virtual Barre 6:00-6:45pm	Cycle 6:00-6:45pm				
Unwind Yoga 6:15-7:15pm	BollyX 6:15-7:15pm	Cycle 6:15-7:00pm		Bootcamp 6:15-7:15pm	
		Mobility 6:45-7:45pm	HIIT 6:45-7:30pm		
Cardio Kickboxing 7:15-8:15pm	Fitness Yoga 7:15-8:15pm	Barre 7:45-8:45pm	Vinyasa Yoga 7:30-8:30pm		



Please scan the QR code to view the live schedule with exact class times, locations, instructors, class descriptions, and pricing. Updated 2/13/24.