

GROUP EXERCISE SUMMER SCHEDULE

LOCATIONS	ZESIGER CENTER 120 Vassar St. Cambridge, MA	ALUMNI WANG CENTER 6 Vassar St. Cambridge, MA		OTHER	
	T-CLUB	SPIN STUDIO	WANG STUDIO	SAILING PAVILION	VIRTUAL
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sailing Pavilion Pilates 7:00 - 8:00am ANNA G.	Sailing Pavilion Yoga 7:00 - 8:00am ANNA G.	Sailing Pavilion Pilates 7:00 - 8:00am AMY	Sailing Pavilion Yoga 7:00 - 8:00am ANNA G.	Virtual Mat Pilates 7:00 - 7:30am Yoga 7:30 - 8am ANNA G.	
	Spin & Sculpt 7:45 - 8:45am ANGIE	Vinyasa Yoga 7:30 - 8:30am THOMAS	Spin & Sculpt 7:45 - 8:45am ANGIE		
					Vinyasa Yoga 10:45 - 11:45am LEINA
Free BollyX* 12:00 - 1:00pm AMY	Free Yoga* 12:00 - 1:00pm MAITE	Free Strictly Strength* 12:00 - 1:00pm MOE	Free Mat Pilates* 12:00 - 1:00pm MAITE	Free Zumba* 12:00 - 1:00pm DARSHIKA	Free Barre* (pop-up) 12:00 - 1:00pm VICTORIA
	Free Virtual Zumba 12:00 - 1:00pm SANDRA		Free Express Cycle* 12:15 - 12:45pm EMILY L.		
			Unwind Yoga 1:00 - 2:00pm MAITE		
	Mat Pilates 3:00 - 4:00pm MAITE				
Alignment Flow Yoga 4:00 - 5:00pm ANNA G.	Barre 4:00 - 5:00pm 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.	Cardio Kickboxing 5:00 - 5:45pm ELENA	Unwind Yoga 4:45 - 5:45pm ANNA G.	Vinyasa Yoga 4:45 - 5:45pm SAMMIE	HIIT 4:30 - 5:30pm LIZ	
Cycle 5:30 - 6:15pm CHARLIE	Strictly Strength 5:45 - 6:45pm ELENA			Zumba 5:30 - 6:30pm CESAR	
Zumba 6:00 - 7:00pm CESAR	Cycle 6:00 - 6:45pm AMANDA	Cardio Kickboxing 5:45 - 6:30pm LEO	Barre 5:45 - 6:45pm JESSICA		
Bootcamp 7:00 - 8:00pm JOANNA	Cardio Dance 6:45 - 7:45pm ANNA S.	Zumba 6:30 - 7:30pm LEO	HIIT 6:45 - 7:30pm JESSICA	Alignment Flow Yoga 6:30 - 7:30pm JULIA	
		Vinyasa Yoga 7:30 - 8:30pm LEINA			



Please scan the QR code to view the live schedule with exact class times, locations, instructors, class descriptions, and pricing. Updated 7/29/26.