

# GROUP EXERCISE SCHEDULE Winter 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM Rev It Up Derek 55 mins. BS	6:15 AM Helixing Nadia 30 mins. SS	6:15 AM Total Body Challenge Nadia 55 mins. BS	6:15 AM Spinning Geri 55 mins. SS	6:15 AM Yoga: All Levels Magi 55 mins. BS	9:30 AM Versa Training Patty 55 mins. BS	10:00 AM Yoga: Advanced Todd 90 mins. MB
12:00 PM Cardio Sculpt Don 55 mins. BS	6:45 AM Core Strength Nadia 30 mins. BS	12:00 PM Helixing Nina 30 mins. SS	12:00 PM Rev It Up Derek 55 mins. BS	12:00 PM Yoga: Gentle Solange 55 mins. BS	10:30 AM Zumba Patty 55 mins. BS	
5:30 PM The Circuit Don 55 mins. BS	12:00 PM Total Body Challenge Don 55 mins. BS	12:30 PM Core Strength Nina 30 mins. BS	12:00 PM Yoga: Gentle Hadassah 55 mins. BS			
5:30 PM Pilates Nina 55 mins. MB	5:30 PM Versa Training Patty 55 mins. BS	5:30 PM Pilates Jolene 55 mins. MB	5:30 PM Yoga: All Levels Michael 55 mins. BS			
6:30 PM Helixing Nadia 30 mins. SS	6:30 PM Yoga: All Levels Angela 75 mins. BS	6:30 PM Strictly Step Nadia 55 mins. BS	6:00 PM Strictly Strength Nadia 55 mins. BS			
6:30 PM Yoga: All Levels Todd 75 mins. BS	6:30 PM Party Spin Jesse 55 mins. SS	7:30 PM Yoga: All Levels Magi 75 mins. MB	6:30 PM Party Spin Jesse 55 mins. SS			

REVOLUTION FITNESS  
 209 Columbus Avenue, Boston, MA  
 617.536.3006  
 BOSTONFITNESS.COM

KEY  
 BS - Big Studio  
 SS - Spin Studio  
 MB - Mind-Body Studio