



Framingham Branch | September 22nd - September 28th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Open Gym Front Half - Gym	5:00AM-7:00AM (Open Gym)	5:00AM-7:00AM (Open Gym)	5:00AM-7:00AM (Open Gym)	5:00AM-7:00AM (Open Gym)	5:00AM-7:00AM (Open Gym)		
Cycle Cycle Studio	6:00AM-6:55AM (Cardio) <i>Sam M.</i>	9:30AM-10:25AM (Cardio) <i>Vanessa T.</i>	6:00AM-6:55AM (Cardio) <i>Sam M.</i> 4:30PM-5:15PM (Cardio) <i>Vanessa T.</i>	9:30AM-10:25AM (Cardio) <i>Vanessa T.</i>			8:00AM-8:55AM (Cardio) <i>Leslie S.</i>
FT FT & Turf	6:00AM-7:00AM (Adult Programs) <i>Matinkho M.</i> 9:30AM-10:30AM (Adult Programs) <i>Mauro C.</i> 6:00PM-7:00PM (Adult Programs) <i>Brooke D.</i>	6:00AM-7:00AM (Adult Programs) <i>Matinkho M.</i> 7:00AM-8:00AM (Adult Programs) <i>Matinkho M.</i> 6:00PM-7:00PM (Adult Programs) <i>Vivek K.</i>	6:00AM-7:00AM (Adult Programs) <i>Mauro C.</i> 9:30AM-10:30AM (Adult Programs) <i>Leslie S.</i> 6:00PM-7:00PM (Adult Programs) <i>Vivek K.</i>	6:00AM-7:00AM (Adult Programs) <i>Mauro C.</i> 7:00AM-8:00AM (Adult Programs) <i>Brooke D.</i> 6:00PM-7:00PM (Adult Programs) <i>Francois M.</i>	6:00AM-7:00AM (Adult Programs) <i>Matinkho M.</i> 9:30AM-10:30AM (Adult Programs) <i>Katrina L.</i> 6:00PM-7:00PM (Adult Programs) <i>Brady L.</i>	7:15AM-8:15AM (Adult Programs) <i>Brady L.</i> 10:15AM-11:15AM (Adult Programs) <i>Brady L.</i>	10:15AM-11:15AM (Adult Programs) <i>Francois M.</i>
Pilates Studio A	7:00AM-7:45AM (Mind Body) <i>Annette S.</i>			8:00AM-8:55AM (Mind Body) <i>Annette S.</i>		8:00AM-8:55AM (Mind Body) <i>Annette S.</i>	
Group Active® Studio A	8:00AM-8:55AM (Cardio & Strength) <i>Annette S.</i>		9:15AM-10:10AM (Cardio & Strength) <i>Annette S.</i> 6:30PM-7:25PM (Cardio & Strength) <i>Jane G.</i>				
Group Fight® Studio A	9:15AM-10:00AM (Cardio) <i>Katrina L.</i>			5:30PM-6:15PM (Cardio) <i>Leslie S.</i>			
Strength & Cardio Studio A	10:15AM-11:00AM (Cardio & Strength) <i>Delaney T.</i>	8:15AM-9:00AM (Cardio & Strength) <i>Delaney T.</i>					
Parkinson's Studio A	11:15AM-12:00PM (Prevention Wellness) <i>Delaney T.</i>			1:00PM-2:00PM (Prevention Wellness) <i>Susan C.</i>			
Yoga Strength Studio A	12:15PM-1:10PM (Mind Body) <i>Joe S.</i>				12:15PM-1:10PM (Mind Body) <i>Joe S.</i>		

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Enhanced Fitness**PRE REGISTRATION REQUIRED** Studio A	1:30PM-2:30PM (Prevention Wellness) <i>Annette S.</i>		1:30PM-2:30PM (Prevention Wellness) <i>Annette S.</i>		1:30PM-2:30PM (Prevention Wellness) <i>Annette S.</i>		
Teen Open Gym Full Gym	2:00PM-4:00PM (Open Gym)	2:00PM-4:00PM (Open Gym)	2:00PM-4:00PM (Open Gym)	2:00PM-4:00PM (Open Gym)	2:00PM-4:00PM (Open Gym)		
Open Basketball Front Half - Gym	4:00PM-6:00PM (Open Gym) 7:00PM-9:45PM (Open Gym)		4:15PM-9:45PM (Open Gym)				
Dance Fusion Studio A	4:15PM-5:00PM (Cardio) <i>Scott S.</i>						
Youth Sports Back Half - Gym	5:00PM-6:00PM (Youth Sports)	10:00AM-11:00AM (Youth Sports)	4:00PM-6:15PM (Youth Sports)	10:00AM-12:15PM (Youth Sports) 4:00PM-7:00PM (Youth Sports)			
Power Yoga Studio A	5:15PM-6:10PM (Mind Body) <i>Elizabeth C.</i>		5:15PM-6:10PM (Mind Body) <i>Nissa W.</i>				8:00AM-8:55AM (Mind Body) <i>Nissa W.</i>
Family Open Gym Front Half - Gym	6:00PM-7:00PM (Open Gym)						
Step & Strength Studio A	6:30PM-7:25PM (Cardio & Strength) <i>Leslie S.</i>				9:15AM-10:10AM (Cardio & Strength) <i>Annette S.</i>	9:15AM-10:10AM (Cardio & Strength) <i>Annette S.</i>	
BollyX® Studio A	7:45PM-8:40PM (Cardio) <i>Rajani S.</i>					10:30AM-11:25AM (Cardio) <i>Rajani S.</i>	
Catch Ball Back Half - Gym	8:00PM-9:45PM (Open Gym)						
Vinyasa Flow Yoga Studio A		7:00AM-7:55AM (Mind Body) <i>Elizabeth C.</i>					
Preschool Open Gym Front Half - Gym		9:00AM-12:15PM (Open Gym)	9:00AM-12:15PM (Open Gym)				
Strength Circuit Studio A		9:15AM-10:10AM (Strength) <i>Kelly B.</i>					
Senior Fitness Studio A		10:30AM-11:25AM (Cardio & Strength) <i>Kelly B.</i>	10:30AM-11:25AM (Cardio & Strength) <i>Annette S.</i>	10:30AM-11:25AM (Cardio & Strength) <i>Annette S.</i>	10:30AM-11:25AM (Cardio & Strength) <i>Annette S.</i>		

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Equipment Fittings Wellness Center		10:45AM-11:30AM (Equipment Fittings) <i>Vanessa T.</i> 7:15PM-8:00PM (Equipment Fittings) <i>Brady L.</i>		8:00AM-8:45AM (Equipment Fittings) <i>Brooke D.</i>	3:00PM-3:45PM (Equipment Fittings) <i>Brady L.</i>	4:00PM-5:00PM (Equipment Fittings) <i>Martine R.</i>	4:00PM-4:45PM (Equipment Fittings) <i>Richard H.</i>
Bootcamp Turf		10:45AM-11:30AM (Cardio & Strength) <i>Mauro C.</i>		10:45AM-11:30AM (Cardio & Strength) <i>Mauro C.</i>			
Pedal for Parkinson's Cycle Studio		11:00AM-12:00PM (Prevention Wellness) <i>Leslie S.</i>			11:00AM-12:00PM (Prevention Wellness) <i>Leslie S.</i>		11:00AM-12:00PM (Prevention Wellness) <i>Leslie S.</i>
TRX Studio A		11:45AM-12:30PM (Strength) <i>Vanessa T.</i>	7:00AM-7:45AM (Strength) <i>Leslie S.</i>	11:45AM-12:30PM (Strength) <i>Vanessa T.</i>			9:15AM-10:10AM (Strength) <i>Leslie S.</i>
Pickleball Full Gym		12:15PM-2:00PM (Pickleball) 7:00PM-8:15PM (Pickleball) 8:15PM-9:30PM (Pickleball)		12:15PM-2:00PM (Pickleball) 7:00PM-8:15PM (Pickleball) 8:15PM-9:30PM (Pickleball)	8:00AM-10:30AM (Pickleball)		
Youth Sports Full Gym		4:00PM-7:00PM (Youth Sports)				8:00AM-2:00PM (Youth Sports)	
Equipment Fitting-Youth Y&F-Youth and Family		4:15PM-5:00PM (Youth Programs) <i>Francois M.</i>		4:15PM-5:00PM (Youth Programs) <i>Katrina L.</i>			
Zumba® Studio A		5:30PM-6:25PM (Cardio) <i>Ericka S.</i>	8:00AM-8:55AM (Cardio) <i>Susan C.</i> 7:45PM-8:40PM (Cardio) <i>Andrei S.</i>		5:30PM-6:25PM (Cardio) <i>Ericka S.</i>		10:30AM-11:25AM (Cardio) <i>Lily A.</i>
Group Power® Studio A		6:30PM-7:25PM (Strength) <i>Leslie S.</i>		9:15AM-10:10AM (Strength) <i>Leslie S.</i> 6:30PM-7:25PM (Strength) <i>Leslie S.</i>			11:30AM-12:25PM (Strength) <i>Jenna L.</i>
Yoga Studio A		7:30PM-8:25PM (Mind Body) <i>Debra G.</i>		7:30PM-8:25PM (Mind Body) <i>Ali C.</i>	7:00AM-7:55AM (Mind Body) <i>Nissa W.</i>		
Open Basketball Back Half - Gym			9:00AM-12:15PM (Open Gym)				

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Cycle-Xpress Cycle Studio			10:00AM-10:30AM (Cardio) <i>Vanessa T.</i>				
Bootcamp-Xpress Turf			10:45AM-11:15AM (Cardio & Strength) <i>Vanessa T.</i>				
Parkinson's PWR! Studio A			11:45AM-12:45PM (Prevention Wellness) <i>Jane G.</i>				
Pilates HIIT Studio B Teen Center			12:00PM-12:55PM (Cardio & Strength) <i>Joe S.</i>				
Open Basketball Full Gym			12:15PM-2:00PM (Open Gym)	7:00AM-10:00AM (Open Gym)	12:15PM-2:00PM (Open Gym) 5:00PM-9:45PM (Open Gym)	2:00PM-7:00PM (Open Gym)	1:00PM-6:45PM (Open Gym)
Bootcamp Studio A				7:00AM-7:45AM (Cardio & Strength) <i>Leslie S.</i>			
Vinyasa Flow Yoga Studio B Teen Center				10:00AM-10:55AM (Mind Body) <i>Victoria R.</i>			
Core Fusion Studio A					8:15AM-9:00AM (Mind Body) <i>Annette S.</i>		
Chair Yoga & Your Brain Studio B Teen Center					9:30AM-10:25AM (Mind Body) <i>Kathleen C.</i>		
Yoga Studio B Teen Center						8:00AM-8:55AM (Mind Body) <i>Nissa W.</i> 9:00AM-9:55AM (Mind Body) <i>Nissa W.</i>	
Adult Open Basketball Full Gym							7:00AM-10:00AM (Open Gym)
Pickleball Front Half - Gym							10:00AM-11:30AM (Pickleball) 11:30AM-1:00PM (Pickleball)
Gentle Yoga Studio A							12:45PM-1:40PM (Mind Body) <i>Elizabeth C.</i>