




# Group Fitness Fall Schedule

Effective Sept 5, 2017

735 William T. Morrissey Blvd.  
 Boston, MA 02122  
 Telephone: 617.265.1994  
[www.lambertsfitness.com](http://www.lambertsfitness.com)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 a.m. Total Body Blast Olga		9:30 a.m. Cycle Olga		9:30 a.m. Tabata + Abs Olga	8:30 a.m. Butts & Gutts Leroy	9:00 a.m.  Gilda & Maria
	5:45 a.m. Cycle Nicole				9:30 a.m.  Gilda & Jonathan	10:00 a.m. Yoga Maura
	12:00 p.m. COED Group Training *Paid Sessions* Leroy		12:00 p.m. COED Group Training *Paid Sessions* Leroy		9:30 a.m. Cycle Leroy	
6:00 p.m. HIIT Leroy	6:00 p.m. Kickboxing Olga	6:00 p.m. Total Body Blast Leroy	6:00 p.m. Sets & Reps Catherine	6:00 p.m. COED Cycle Leroy	<b>CLUB HOURS</b> Monday - Thursday 5:30 a.m. - 9:00 p.m.  Friday: 5:30 a.m. - 8:00 p.m.  Saturday: 8:00 a.m. - 3:00 p.m.  Sunday: 8:00 a.m. - 3:00 p.m.  Please Note: Schedule and class instructors are subject to change without notice.	
7:00 p.m. Cycle Olga		7:00 p.m. Cycle Sarah				
	7:00 p.m.  Jonathan		7:00 p.m.  Andrea			

\*COED GROUP TRAINING - \$10 FOR MEMBERS AND \$12 FOR NON-MEMBERS