




Group Fitness Summer Schedule

Effective June 19, 2017

735 William T. Morrissey Blvd.
 Boston, MA 02122
 Telephone: 617.265.1994
www.lambertsfitness.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:30 a.m. Tabata + ABS Olga		9:30 a.m. Cycle Olga		9:30 a.m. Total Body Blast 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	
5:30 p.m. HIIT Leroy		5:30 p.m. Total Body Blast Leroy			9:30 a.m. Cycle Tristen	
	6:00 p.m. Cycle Olga		6:00 p.m. Sets & Reps Catherine		CLUB HOURS 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.	
6:30 p.m. Cycle Olga		6:30 p.m. Kickboxing Olga	6:30 p.m. Cycle Sarah			
	7:00 p.m.  Jonathan		7:00 p.m.  Andrea			