



# Group Fitness Schedule

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. Tabata Olga		9:30 a.m. Total Body Blast Olga		9:30 a.m. Tabata Olga	8:30 a.m. Butts & Gutts Leroy	9:00 a.m.  ZUMBA® Gilda
10:00 a.m. Above the Belt Olga				10:00 a.m. Above the Belt Olga	9:30 a.m.  ZUMBA® Gilda & Jonathan	10:00 a.m. Yoga Jeff
5:30 p.m. HIIT Leroy		5:30 p.m. Total Body Blast Leroy	5:00 p.m. HIIT Leroy		11:00 - 4:30 p.m. Kids Dance 3 yrs old & up	12:00 p.m. Total Body Blast Leroy
6:30 p.m. Barre Sam	6:00 p.m. Tabata Olga		6:00 p.m. Sets & Reps Catherine	6:00 - 9:00 p.m. Kids Dance 3-5 yrs old	<b>CLUB HOURS</b>  <b>Monday - Thursday</b> 5:30 a.m. - 9:00 p.m.  <b>Friday:</b> 5:30 a.m. - 8:00 p.m.  <b>Saturday:</b> 8:00 a.m. - 3:00 p.m.  <b>Sunday:</b> 8:00 a.m. - 3:00 p.m.  Please Note: Schedule and class instructors are subject to change without notice.	
7:30 p.m. Tread & Shred Olga	6:30 p.m. Above the Belt Olga	6:30 p.m. Kickboxing Olga				
7:30 - 9:00 p.m. Kids Dance 10 yrs old & up	7:00 p.m.  ZUMBA® Jonathan	7:30 p.m. Butts & Gutts Olga	7:00 p.m.  ZUMBA® Andrea			