



Group Fitness Winter Schedule

Effective January 2nd, 2018

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. 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.  ZUMBA Gilda & Maria
	5:45 a.m. Cycle Sarah				9:30 a.m.  ZUMBA Gilda & Jonathan	10:00 a.m. Yoga Maura
					9:30 a.m. Cycle Leroy	
6:00 p.m. HIIT Leroy	6:00 p.m. Kickboxing Olga	6:00 p.m. Tabata + Abs Olga	6:00 p.m. Pilates Catherine	6 - 9:30 p.m. Uptown Dance Leta	12 - 4:30 p.m. Uptown Dance Leta	
7:00 p.m. Zumba Andrea		7:00 p.m. Zumba Jonathan	7:00 p.m. Core De Force Stacey		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.	
7:00 p.m. Cycle Olga	7 - 8:30 p.m. Uptown Dance Leta	7:00 p.m. Cycle Sarah				

***Please Note:** Schedule and class instructors are subject to change without notice.