



|            | Time     | Monday                   | Tuesday                               | Wednesday             | Thursday                             | Friday                                 | Saturday          | Sunday                   |
|------------|----------|--------------------------|---------------------------------------|-----------------------|--------------------------------------|--|-------------------|--------------------------|
| Early Bird | 5:45 AM  |                          |                                       |                       |                                      |  |                   |                          |
|            | 7:30 AM  |                          |                                       |                       |                                      | Cardio Tai Box (Mariel)                |                   |                          |
|            | 8:00 AM  |                          |                                       | Cardio Tai Box (Sana) |                                      | Belly, Butt, Thighs Boot Camp (Mariel) | Chisel (Anna)     |                          |
| Morning    | 8:30 AM  | Cardio Tai Box (Kevin R) | Chisel (Kevin R)                      | Absolution (Sana)     | Cardio Sculpt (Kevin R)              | Absolution (Mariel)                    | Absolution (Anna) | Cardio Tai Box (Kevin R) |
|            | 9:00 AM  | Chisel (Kevin R)         | Cardio Sculpt (Kevin R)               |                       | Chisel (Kevin R)                     |  | 360-3X (Anna)     | Chisel (Kevin R)         |
|            | 9:30 AM  | Absolution (Kevin)       | Belly, Butt, Thighs Boot Camp (Kevin) | Tread N' Shed (Jess)  | Tread N' Shed (Jess)                 | Tread N' Shed (Jess)                   |                   | Cardio Sculpt (Kevin R)  |
|            | 10:00 AM |                          |                                       | Chisel (Jess)         | Absolution (Jess)                    | Cardio Sculpt (Jess)                   |                   | Absolution (Kevin)       |
| MID DAY    |          |                          |                                       |                       |                                      |  |                   |                          |
| Late Day   | 5:00 PM  | 360-3X (Kevin)           |                                       |                       | Cardio Sculpt (Andrew)               |  |                   |                          |
|            | 5:30 PM  | Cardio Sculpt (Kevin R)  | Cardio Tai Box (Kevin R)              | 360-3X (Kevin)        | Chisel (Andrew)                      | Chisel (Sarah H)                       |                   |                          |
|            | 6:00 PM  | Chisel (Kevin R)         | Cardio Sculpt (Kevin R)               | Chisel (Kevin R)      | 360-3X (Lisa M)                      | Zumba ( Sarah H)                       |                   |                          |
|            | 6:30 PM  | Absolution (Kevin)       | Belly, Butt, Thighs Boot Camp (Kevin) | Absolution (Kevin)    | Belly, Butt, Thighs Boot Camp (Lisa) |  |                   |                          |
|            | 7:00 PM  | Zumba ( Sarah H)         |                                       | Zumba (Ellen T)       |                                      |  |                   |                          |

**\*\*Become Fitness Westford Temporary Schedule\*\***  
 Please refer to our Become Fitness Methuen Schedule to see an example of the new and exciting programming we will be bringing to you!

rev: Oct 2018

BecomeFitness.com | (978) 467-4311  
 139 Littleton Road  
 Westford, MA 01886

FOR SCHEDULE UPDATES  
 facebook: becomefitnesswestford  
 @becomefitness1  
 instagram: becomefitnesswestford

HOURS  
 24 Hours