



Group Training Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM to 7:00 AM SGPT	6:00 AM to 7:00 AM SGPT Insanity	6:00 AM to 7:00 AM AM SGPT	6:00 AM to 7:00 AM Insanity	6:00 AM to 7:00 AM SGPT	9:00 AM- 10:00 AM Boxing	10:30 AM to 11:30 AM PiYo
			7:00 AM to 8:00 AM SPIN		10:00 AM to 11:00 AM Butts n' Guts Powerlifting	11:00 AM to 12:00 PM Powerlifting
8:00 AM to 9:00 AM SGPT Boxing	8:00 AM to 9:00 AM SGPT HIIT	8:00 AM to 9:00 AM AM SGPT	8:00 AM to 9:00 AM SGPT	8:00 AM to 9:00 AM SGPT	11:00 AM to 12:00 PM Kids Boxing	
9:00 AM to 10:00 AM SGPT Strength & Tone	9:00 AM to 10:00 AM SGPT Circuit Training	9:00 AM to 10:00 AM SGPT Strength & Tone	9:00 AM to 10:00 AM Abs & Agility	9:00 AM to 10:00 AM SGPT Strength & Tone		
	10:30 AM to 11:30 AM Low Impact		10:30 AM to 11:30 AM Low Impact			
4:00 PM to 5:00 PM SGPT	4:00 PM to 5:00 PM SGPT	4:00 PM to 5:00 PM SGPT	4:00 PM to 5:00 PM SGPT	4:00 PM to 5:00 PM SGPT		
5:00 PM to 6:00 PM SGPT Cross Training	5:00 PM to 6:00 PM SGPT HIIT	5:00 PM to 6:00 PM SGPT Cross Training	5:00 PM to 6:00 PM HIIT	5:00 PM to 6:00 PM SGPT		
	5:30 PM to 6:30 PM Kickboxing		5:30 PM to 6:30 PM Strength & Tone	5:30 PM to 6:30 PM Strength & Tone		
6:00 PM to 7:00 PM SGPT TRX	6:00 PM to 7:00 PM SGPT Cross Training	6:00 PM to 7:00 PM SGPT Cross Training	6:00 PM to 7:00 PM SGPT			
6:30 PM to 7:30 PM Butts n' Guts	6:30 PM to 7:30 PM PM Zumba	6:30 PM to 7:30 PM PM PiYo	6:30 PM to 7:30 PM Zumba	6:30 PM to 7:30 PM PM Boxing		
7:00 PM to 8:00 PM SGPT SPIN		7:00 PM to 8:00 PM PM SGPT	7:00 PM to 8:00 PM SGPT			
7:30-8:30 PM Yoga		7:30-8:30 PM Yoga				

GYM HOURS: Monday-Thursday 5:30AM -10:00PM Friday 5:30AM- 9:00PM Saturday 7:00AM- 6:00PM Sunday 7:00AM-4:00PM

Phone Number: (617) 770-1115 Address: 152 Parking Way Quincy 02169

GREEN + PURPLE = Sessions are a part of the Premium Small Group Personal Training Package.

SGPT = Small Group Personal Training. Trainer discretionary classes based on individual fitness goals.

YELLOW = Sessions are a part of Basic Membership + Classes package.

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