



Group Training Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM to 7:00 AM SGPT-M		6:00 AM to 7:00 AM AM SGPT-M		6:00 AM to 7:00 AM SGPT-M	9:00 AM- 10:00 AM Boxing	11:30 AM to 12:30 PM Carnival FIT
8:00 AM to 9:00 AM Boxing	8:00 AM to 9:00 AM SGPT-M	8:00 AM to 9:00 AM AM SGPT-M	8:00 AM to 9:00 AM SGPT-M	8:00 AM to 9:00 AM SGPT-M	10:00 AM to 11:00 AM Bootcamp Powerlifting	11:00 AM to 12:00 PM Powerlifting
9:00 AM to 10:00 AM SGPT-D Strength & Tone	9:00 AM to 10:00 AM Circuit Training	9:00 AM to 10:00 AM SGPT-D Strength & Tone	9:00 AM to 10:00 AM Abs & Agility	9:00 AM to 10:00 AM Strength & Tone		
	9:30 AM to 10:30 AM Low Impact			10:00 AM to 11:00 AM Restorative Yoga		
	10:30 AM to 11:30 AM Restorative Yoga		10:30 AM to 11:30 AM Low Impact			
4:30 PM to 5:30 PM Kids Martial Arts	5:00 PM to 6:00 PM SGPT-M	4:30 PM to 5:30 PM Kids Martial Arts				
5:00 PM to 6:00 PM SGPT-S	5:30 PM to 6:30 PM Kickboxing	5:30 PM to 6:30 PM SGPT-S Les Mills Barre	5:30 PM to 6:30 PM Gluteus MAXOUT	5:30 PM to 6:30 PM Strength & Tone		
6:00 PM to 7:00 PM Resistance (SGPT-D) TRX	6:00 PM to 7:00 PM SGPT-M	6:00 PM to 7:00 PM Resistance (SGPT-D)				
6:30 PM to 7:30 PM Gluteus MAXOUT	6:30 PM to 7:30 PM Zumba	6:30 PM to 7:30 PM Cross Training-S Kettlebell AMPD	6:30 PM to 7:30 PM Zumba	6:30 PM to 7:30 PM Boxing		
7:00 PM to 8:00 PM Calisthenics SGPT-D Spin		7:00 PM to 8:00 PM Functional Training (SGPT-D)	7:00 PM to 8:00 PM SGPT-M			
7:30-8:30 PM Yoga	7:30-8:30 PM San Da Jiu Jitsu	7:30-8:30 PM Yoga	7:30-8:30 PM San Da Jiu Jitsu			

PURPLE = Specialty classes exclusive to Small Group Personal Training Clients Only. **SGPT** = Small Group Personal Training.

YELLOW = Sessions are a part of Basic Class membership package **ORANGE** = NEW CLASSES!

GRAY = Application required

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

Follow us on Facebook, Instagram, and snapchat [LIFE Health & Fitness Center](#) for current updates!



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