



# 6 Week Challenge and Group Personal Training Schedule (Subject to Change)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM to 7:00 AM <b>BOOTCAMP</b> (FAXON FIELD) - C&D		6:00 AM to 7:00 AM <b>BOOTCAMP</b> (FAXON FIELD) - C&D		6:00 AM to 7:00 AM <b>BOOTCAMP</b> (FAXON FIELD) - C&D	6:00 AM to 7:00 AM <b>BOOTCAMP</b> (FAXON FIELD) - C&D	
9:00 AM to 10:00 AM <b>SGPT</b> (65 SCHOOL STREET) - Sh		9:00 AM to 10:00 AM <b>SGPT</b> (65 SCHOOL STREET) - Sh		9:00 AM to 10:00 AM <b>SGPT</b> (65 SCHOOL STREET) - Sh	9:00 AM- 10:00 AM <b>BOOTCAMP</b> (FAXON FIELD) - C&D	
6:00 PM to 7:00 PM <b>BOOTCAMP</b> (FAXON FIELD) - De&S		6:00 PM to 7:00 PM <b>BOOTCAMP</b> (FAXON FIELD) - De&S		6:00 PM to 7:00 PM <b>BOOTCAMP</b> (FAXON FIELD) - De&Sh		
7:00 PM to 8:00 PM <b>BOOTCAMP</b> (FAXON FIELD) - De&S		7:00 PM to 8:00 PM <b>BOOTCAMP</b> (FAXON FIELD) - De&S		7:00 PM to 8:00 PM <b>BOOTCAMP</b> (FAXON FIELD) - De&Sh		

Phone Number: TEXT 617-860-2609 or message Shari on the L.I.F.E. Mobile app!

Addresses: Refer to schedule for corresponding class locations: 65 School Street, Quincy, MA 02169 OR Faxon Field - 34 Coddington Street, Quincy, MA 02169

**CLASS LOCATIONS SUBJECT TO CHANGE - ADVANCE SIGN UPS MANDATORY FOR TIMELY NOTIFICATION OF CHANGES**

Sign up is available on your Club Ready Portal. Send us a text if you're not sure how to sign up.

Cancellations due to inclement weather will be made via all communication platforms and individually to members who have signed up for classes

Follow us on Facebook at [LIFE Health & Fitness Center](#) for current updates!