



## Group Personal Training Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM to 7:00 AM <b>BOOTCAMP</b>		6:00 AM to 7:00 AM <b>BOOTCAMP</b>		6:00 AM to 7:00 AM <b>BOOTCAMP</b>	6:00 AM to 7:00 AM <b>BOOTCAMP</b>	
9:00 AM to 10:00 AM <b>SGPT</b>		9:00 AM to 10:00 AM <b>SGPT</b>		9:00 AM to 10:00 AM <b>SGPT</b>	9:00 AM- 10:00 AM <b>BOOTCAMP</b>	
6:00 PM to 7:00 PM <b>SGPT</b>		6:00 PM to 7:00 PM <b>SGPT</b>		6:00 PM to 7:00 PM <b>SGPT</b>		
6:00 PM to 7:00 PM <b>BOOTCAMP</b>	6:30 PM to 7:30 PM <b>CROSS TRAINING</b>	6:00 PM to 7:00 PM <b>BOOTCAMP</b>	6:30 PM to 7:30 PM <b>CROSS TRAINING</b>	6:00 PM to 7:00 PM <b>BOOTCAMP</b>		
7:00 PM to 8:00 PM <b>SGPT</b>		7:00 PM to 8:00 PM <b>SGPT</b>		7:00 PM to 8:00 PM <b>SGPT</b>		
7:00 PM to 8:00 PM <b>BOOTCAMP</b>		7:00 PM to 8:00 PM <b>BOOTCAMP</b>		7:00 PM to 8:00 PM <b>BOOTCAMP</b>		

**SGPT** = Small Group Personal Training/Specialty Classes

**ORANGE** = Bootcamp (6 Week Challengers ONLY)

Phone Number: (617) 770-1115 Address: 1400 Hancock Street, Quincy, MA 02169

**ADVANCE SIGN-UPS MANDATORY. Sign up via your Club Ready portal or give us a call!**

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