



Group Training Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM to 6:00 AM SGPT (FAXON FIELD)	5:00 AM to 6:00 AM SGPT (1400 Hancock Street)	5:00 AM to 6:00 AM SGPT (FAXON FIELD)	5:00 AM to 6:00 AM SGPT (1400 Hancock Street)	5:00 AM to 6:00 AM SGPT (1400 Hancock Street)		
6:00 AM to 7:00 AM BOOTCAMP (FAXON FIELD)	6:00 AM to 7:00 AM SGPT (1400 Hancock Street)	6:00 AM to 7:00 AM BOOTCAMP (FAXON FIELD)	6:00 AM to 7:00 AM SGPT (1400 Hancock Street) BOOTCAMP (FAXON FIELD)	6:00 AM to 7:00 AM SGPT (1400 Hancock Street)		
9:00 AM to 10:00 AM SGPT (FAXON FIELD)	9:00 AM to 10:00 AM SGPT (1400 Hancock Street)	9:00 AM to 10:00 AM SGPT (FAXON FIELD)	9:00 AM to 10:00 AM SGPT (1400 Hancock Street)	9:00 AM to 10:00 AM SGPT (1400 Hancock Street)	9:00 AM to 10:00 AM SGPT (FAXON FIELD)	
	5:00 PM to 6:00 PM SGPT (1400 Hancock Street)		5:00 PM to 6:00 PM SGPT (1400 Hancock Street)	5:00 PM to 6:00 PM SGPT (1400 Hancock Street)	10:00 AM to 11:00 AM BOOTCAMP (FAXON FIELD)	
6:00 PM to 7:00 PM BOOTCAMP (FAXON FIELD)	6:00 PM to 7:00 PM SGPT (1400 Hancock Street)	6:00 PM to 7:00 PM BOOTCAMP (FAXON FIELD)	6:00 PM to 7:00 PM SGPT (1400 Hancock Street)	6:00 PM to 7:00 PM SGPT (1400 Hancock Street)	11:00 AM to 12:00 AM BOXING (1400 Hancock Street)	
	6:30 PM to 7:30 PM BOOTCAMP (FAXON FIELD)		6:30 PM to 7:30 PM BOOTCAMP (FAXON FIELD)			
7:00 PM to 8:00 PM BOOTCAMP (FAXON FIELD)	7:00 PM to 8:00 PM SGPT (1400 Hancock Street)	7:00 PM to 8:00 PM BOOTCAMP (FAXON FIELD)	7:00 PM to 8:00 PM SGPT (1400 Hancock Street)	7:00 PM to 8:00 PM SGPT (1400 Hancock Street)		

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

Addresses: Refer to schedule for corresponding class locations: 1400 Hancock Street, Quincy, MA 02169 OR Faxon Field - 34 Coddington Street, Quincy, MA 02169

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](#) and Instagram @lifefcquincy for current updates!