



## Group Training Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM to 6:00 AM <b>SGPT</b> (1400 Hancock Street)	5:00 AM to 6:00 AM <b>SGPT</b> (1400 Hancock Street)	5:00 AM to 6:00 AM <b>SGPT</b> (1400 Hancock Street)	5:00 AM to 6:00 AM <b>SGPT</b> (1400 Hancock Street)	5:00 AM to 6:00 AM <b>SGPT</b> (1400 Hancock Street)		
6:00 AM to 7:00 AM <b>SGPT</b> (1400 Hancock Street)	6:00 AM to 7:00 AM <b>SGPT</b> (1400 Hancock Street)	6:00 AM to 7:00 AM <b>SGPT</b> (1400 Hancock Street)	6:00 AM to 7:00 AM <b>SGPT</b> (1400 Hancock Street)	6:00 AM to 7:00 AM <b>SGPT</b> (1400 Hancock Street)		
					8:00 AM to 9:00 AM <b>Butts n' Gutts</b> (1400 Hancock Street)	
9:00 AM to 10:00 AM <b>SGPT</b> (1400 Hancock Street)	9:00 AM to 10:00 AM <b>SGPT</b> (1400 Hancock Street)	9:00 AM to 10:00 AM <b>SGPT</b> (1400 Hancock Street)	9:00 AM to 10:00 AM <b>SGPT</b> (1400 Hancock Street)	9:00 AM to 10:00 AM <b>SGPT</b> (1400 Hancock Street)	9:00 AM to 10:00 AM <b>SGPT</b> (1400 Hancock Street)	
5:00 PM to 6:00 PM <b>SGPT</b> (1400 Hancock Street)	5:00 PM to 6:00 PM <b>SGPT</b> (1400 Hancock Street)	5:00 PM to 6:00 PM <b>SGPT</b> (1400 Hancock Street)	5:00 PM to 6:00 PM <b>SGPT</b> (1400 Hancock Street)	5:00 PM to 6:00 PM <b>SGPT</b> (1400 Hancock Street)	10:00 AM to 11:00 AM <b>SGPT</b> (1400 Hancock Street)	
6:00 PM to 7:00 PM <b>SGPT</b> (1400 Hancock Street)	6:00 PM to 7:00 PM <b>SGPT</b> (1400 Hancock Street)	6:00 PM to 7:00 PM <b>SGPT</b> (1400 Hancock Street)	6:00 PM to 7:00 PM <b>SGPT</b> (1400 Hancock Street)	6:00 PM to 7:00 PM <b>SGPT</b> (1400 Hancock Street)	11:00 AM to 12:00 AM <b>BOXING</b> (1400 Hancock Street)	
7:00 PM to 8:00 PM <b>SGPT</b> (1400 Hancock Street)	7:00 PM to 8:00 PM <b>SGPT</b> (1400 Hancock Street)	7:00 PM to 8:00 PM <b>SGPT</b> (1400 Hancock Street)	7:00 PM to 8:00 PM <b>SGPT</b> (1400 Hancock Street)	7:00 PM to 8:00 PM <b>SGPT</b> (1400 Hancock Street)		

**GREEN:** Small Group Personal Training Members | **PURPLE:** Specialty Classes

Contact: CALL 617-770-1115 TEXT 617-860-2609 or EMAIL [lifehfcestaff@gmail.com](mailto:lifehfcestaff@gmail.com)

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**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 [@lifehf Quincy](#) for current updates!