



Group Training Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM to 6:00 AM SGPT (1400 Hancock Street)	5:00 AM to 6:00 AM SGPT (1400 Hancock Street)	5:00 AM to 6:00 AM SGPT (1400 Hancock Street)	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 SGPT (1400 Hancock Street)	6:00 AM to 7:00 AM SGPT (1400 Hancock Street)	6:00 AM to 7:00 AM SGPT (1400 Hancock Street)	6:00 AM to 7:00 AM SGPT (1400 Hancock Street)	6:00 AM to 7:00 AM SGPT (1400 Hancock Street)		
	7:00 AM to 8:00 AM SGPT (1400 Hancock Street)		7:00 AM to 8:00 AM SGPT (1400 Hancock Street)			
					8:00 AM to 9:00 AM Butts n' Guts (1400 Hancock Street)	
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 (1400 Hancock Street)	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 (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)	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 SGPT (1400 Hancock Street)	
6:00 PM to 7:00 PM SGPT (1400 Hancock Street)	6:00 PM to 7:00 PM SGPT (1400 Hancock Street)	6:00 PM to 7:00 PM SGPT (1400 Hancock Street)	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)	
7:00 PM to 8:00 PM SGPT (1400 Hancock Street)	7:00 PM to 8:00 PM SGPT (1400 Hancock Street)	7:00 PM to 8:00 PM SGPT (1400 Hancock Street)	7:00 PM to 8:00 PM SGPT (1400 Hancock Street)	7:00 PM to 8:00 PM SGPT (1400 Hancock Street)		

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

Contact: CALL 617-770-1115 TEXT 617-860-2609 or EMAIL lifefcstaff@gmail.com

Address: 1400 Hancock Street Quincy, MA 02169

Website: www.lifefcquincy.com | Mobile App on any AppStore: ClubReady Members

Book classes in advance on the website (under member login) or on the ClubReady Members app to secure your spot.

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