



ASSEMBLY

SPORTS CLUB

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-10:00 AM YIN CORE FLOW YOGA Enrique						9:00-10:00 AM ZUMBA Ana
						9:00-10:00AM CYCLING Andrew
						10:15-11:15 AM ASHTANGA/VINYASA YOGA Elise
		5:30-6:10 PM FIT BOXING Mohamed	5:00-6:00PM PUMP & BURN Mohamed	5:00-5:45 PM TOTAL BODY CONDITIONING Mohamed	5:30-6:15 PM FIT BOXING Mohamed	
	6:15-7:00 PM STRENGTH, CORE & BALANCE Nick	6:15-7:15 PM FIT BODY Mohamed	6:15-7:15 PM MOBILITY & STRENGTH YOGA Enrique	6:00-6:45 PM YOGA FUSION Sweta		
	6:30-7:15 PM CYCLING Stephanie		6:30-7:15 PM CYCLING Stephanie			

Club Hours:

Monday - Thursday - 5:00AM - 10:00PM

Friday - 5:00AM - 9:00PM

Saturday - 7:00AM - 6:30PM

Sunday - 7:00AM - 5:30PM

Schedule Effective: Nov, 2025

29 Massachusetts Ave., Arlington MA 02474

Phone: (781) 648-5433

**Aerobics schedule is tentative and subject to change without notice.*