



# ASSEMBLY

## SPORTS CLUB

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