

STUDIO 1 | Cardio-Strength

	MON	TUE	WED	THU	FRI
5:15	Grit Cardio B-Ball Gym	Body Pump 45	Grit Strength	Body Pump 45	
5:15	Pre-Paid Strength Dev				Pre-Paid Strength Dev
6:10			Body Pump 45		
8:00		Body Step 45	Total Barre		Barre Intensity
8:20	Body Pump 30				
9:00	Total Barre	Body Pump	Zumba	Body Step 45	Body Pump
10:00	Body Combat	Les Mills Core	Body Combat	Body Pump 30	
11:00	Cardio Tone	Forever Fit Strength & Balance	Zumba Gold	Forever Fit Strength & Balance	Zumba Gold
12:00	Body Pump				Body Pump
4:30	Body Step 45	Body Pump	Body Attack 45	Body Step 45	
5:30	Body Pump 45	Body Combat 45	Body Pump	Pre-Paid Strength Dev	
6:30	Pre-Paid Strength Dev	Les Mills Core	Zumba	Grit Strength	

STUDIO 2 | Yoga-Pilates-Stretch

	MON	TUE	WED	THU	FRI
8:00	Fitness Stretch			Fitness Stretch	
8:50	Power Yoga				
9:00		Free Flow	Pilates Sculpt	Vinyasa Yoga	Pilates
10:00	Vinyasa Yoga		Body Balance		Vinyasa Yoga
10:15		Slow Flow		Slow Flow	
11:45	Yin Yoga		Vinyasa Yoga		Slow Flow
12:00		Forever Fit Chair Yoga		Forever Fit Chair Yoga	
4:30	Pilates Sculpt	Yin Yoga	Barre Pilates Fusion	Vinyasa Yoga	Restorative Yoga
6:00	Power Yoga	Body Balance	Gentle Yoga	Restorative Yoga	Body Awake

	SAT	SUN
8:00	Body Balance	
9:00		Vinyasa Yoga
9:15	Vinyasa Yoga	

STUDIO 3 | Specialty

	MON	TUE	WED	THU	FRI
9:00			Guided Meditation		
10:00		Buti Yoga			
6:00				Guided Meditation	

Reserve Your Spot For Class 26 Hours In Advance

With The Hampshire Hills App, On Our Website or Call 673.7123

If You Are Unable To Attend A Class You Registered For

Please Call To Cancel or Cancel on The App

Fees Charged For No-Show

Spaces Are Limited | Schedule Subject To Change