



Framingham Branch | April 28th - May 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Open Gym Front Half - Gym	5:00AM-7:00AM (Open Gym)	5:00AM-7:00AM (Open Gym)	5:00AM-7:00AM (Open Gym)	5:00AM-7:00AM (Open Gym)	5:00AM-8:00AM (Open Gym)		
FT FT & Turf	6:00AM-7:00AM (Adult Programs) <i>Matinkho M.</i> 9:30AM-10:30AM (Adult Programs) <i>Mauro C.</i> 6:00PM-7:00PM (Adult Programs) <i>Matinkho M.</i>	6:00AM-7:00AM (Adult Programs) <i>Matinkho M.</i> 7:00AM-8:00AM (Adult Programs) <i>Matinkho M.</i> 6:00PM-7:00PM (Adult Programs) <i>Daniel I.</i>	6:00AM-7:00AM (Adult Programs) <i>Mauro C.</i> 9:30AM-10:30AM (Adult Programs) <i>Leslie S.</i> 6:00PM-7:00PM (Adult Programs) <i>Daniel I.</i>	6:00AM-7:00AM (Adult Programs) <i>Matinkho M.</i> 7:00AM-8:00AM (Adult Programs) <i>Matinkho M.</i> 6:00PM-7:00PM (Adult Programs) <i>Daniel I.</i>	6:00AM-7:00AM (Adult Programs) <i>Matinkho M.</i> 9:30AM-10:30AM (Adult Programs) <i>Mauro C.</i> 6:00PM-7:00PM (Adult Programs) <i>Daniel I.</i>	7:15AM-8:15AM (Adult Programs) <i>Matinkho M.</i> 10:15AM-11:15AM (Adult Programs) <i>Matinkho M.</i>	10:15AM-11:15AM (Adult Programs) <i>Francois M.</i>
Cycle Cycle Studio	6:00AM-6:55AM (Cardio) <i>Sam M.</i>	9:30AM-10:25AM (Cardio) <i>Vanessa T.</i>	6:00AM-6:55AM (Cardio) <i>Sam M.</i> 4:30PM-5:15PM (Cardio) <i>Lauren H.</i>	9:30AM-10:25AM (Cardio) <i>Vanessa T.</i>			8:00AM-8:55AM (Cardio) <i>Leslie S.</i>
Open Basketball Full Gym	7:00AM-2:00PM (Open Gym)				10:30AM-2:00PM (Open Gym) 6:15PM-9:45PM (Open Gym)	2:00PM-6:45PM (Open Gym)	
Group Active® Studio A	8:00AM-8:55AM (Cardio & Strength) <i>Annette S.</i>		6:30PM-7:25PM (Cardio & Strength) <i>Jane G.</i>	8:00AM-8:55AM (Cardio & Strength) <i>Annette S.</i>			
Group Fight® Studio A	9:15AM-10:00AM (Cardio) <i>Katrina L.</i>			9:15AM-10:00AM (Cardio) <i>Leslie S.</i>			
Strength & Cardio Studio A	10:15AM-11:00AM (Cardio & Strength) <i>Delaney T.</i>	8:15AM-9:00AM (Cardio & Strength) <i>Delaney T.</i>					
Parkinson's Studio A	11:15AM-12:00PM (Prevention Wellness) <i>Delaney T.</i>			1:00PM-2:00PM (Prevention Wellness) <i>Susan C.</i>			
Yoga Strength Studio A	12:15PM-1:10PM (Mind Body) <i>Joe S.</i>				12:15PM-1:10PM (Mind Body) <i>Joe S.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Enhanced Fitness**PRE REGISTRATION REQUIRED** Studio A	1:30PM-2:30PM (Prevention Wellness) <i>Annette S.</i>		1:30PM-2:30PM (Prevention Wellness) <i>Annette S.</i>		1:30PM-2:30PM (Prevention Wellness) <i>Annette S.</i>		
Teen Open Gym Back Half - Gym	2:00PM-7:30PM (Open Gym)						
Teen Open Gym Front Half - Gym	2:00PM-4:00PM (Open Gym)						
Youth Sports Front Half - Gym	4:00PM-6:00PM (Youth Sports)	4:00PM-6:00PM (Youth Sports)	4:00PM-7:00PM (Youth Sports)		4:00PM-6:15PM (Youth Sports)	8:45AM-2:00PM (Youth Sports)	
Equipment Fittings Wellness Center	4:00PM-5:00PM (Equipment Fittings) <i>Brady L.</i>	10:45AM-11:30AM (Equipment Fittings) <i>Vanessa T.</i>	12:00PM-1:00PM (Equipment Fittings) <i>Brady L.</i>			4:00PM-5:00PM (Equipment Fittings) <i>Brady L.</i>	
Dance Fusion Studio A	4:15PM-5:00PM (Cardio) <i>Scott S.</i>						
Power Yoga Studio A	5:15PM-6:10PM (Mind Body) <i>Nissa W.</i>		5:15PM-6:10PM (Mind Body) <i>Nissa W.</i>				8:00AM-8:55AM (Mind Body) <i>Nissa W.</i>
Family Open Gym Front Half - Gym	6:00PM-7:00PM (Open Gym)			5:00PM-6:30PM (Open Gym)			
Step & Strength Studio A	6:30PM-7:25PM (Cardio & Strength) <i>Jane G.</i>				9:15AM-10:10AM (Cardio & Strength) <i>Jane G.</i>	9:15AM-10:10AM (Cardio & Strength) <i>Jane G.</i>	
Open Basketball Front Half - Gym	7:00PM-9:45PM (Open Gym)	7:00AM-9:00AM (Open Gym)	7:00AM-9:00AM (Open Gym) 12:00PM-2:00PM (Open Gym) 7:00PM-9:45PM (Open Gym)	7:00AM-10:00AM (Open Gym)			
Catch Ball Back Half - Gym	7:30PM-9:45PM (Open Gym)						
Zumba® Studio A	7:45PM-8:40PM (Cardio) <i>Andrei S.</i>	5:30PM-6:25PM (Cardio) <i>Ericka S.</i>	8:00AM-8:55AM (Cardio) <i>Susan C.</i> 7:45PM-8:40PM (Cardio) <i>Andrei S.</i>		5:30PM-6:25PM (Cardio) <i>Ericka S.</i>	10:30AM-11:25AM (Cardio) <i>Lily A.</i>	10:30AM-11:25AM (Cardio) <i>Lily A.</i>
Open Basketball Back Half - Gym		7:00AM-12:00PM (Open Gym)	6:15PM-9:45PM (Open Gym)				
Vinyasa Flow Yoga Studio A		7:00AM-7:55AM (Mind Body) <i>Elizabeth C.</i>					

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Preschool Open Gym Front Half - Gym		9:00AM-12:00PM (Open Gym)	9:00AM-12:00PM (Open Gym)				
Strength Circuit Studio A		9:15AM-10:10AM (Strength) <i>Jane G.</i>					
Senior Fitness Studio A		10:30AM-11:25AM (Cardio & Strength) <i>Kelly B.</i>	10:30AM-11:25AM (Cardio & Strength) <i>Annette S.</i>	10:30AM-11:25AM (Cardio & Strength) <i>Annette S.</i>	10:30AM-11:25AM (Cardio & Strength) <i>Annette S.</i>		
Bootcamp Turf		10:45AM-11:30AM (Cardio & Strength) <i>Mauro C.</i>		10:45AM-11:30AM (Cardio & Strength) <i>Mauro C.</i>			
Pedal for Parkinson's Cycle Studio		11:00AM-12:00PM (Prevention Wellness) <i>Leslie S.</i>			11:00AM-12:00PM (Prevention Wellness) <i>Leslie S.</i>		11:00AM-12:00PM (Prevention Wellness) <i>Sam M.</i>
TRX Studio A		11:45AM-12:30PM (Strength) <i>Vanessa T.</i>	7:00AM-7:45AM (Strength) <i>Leslie S.</i>	11:45AM-12:30PM (Strength) <i>Vanessa T.</i> 5:30PM-6:15PM (Strength) <i>Leslie S.</i>			9:15AM-10:10AM (Strength) <i>Leslie S.</i>
Pickleball Full Gym		12:00PM-2:00PM (Pickleball) 8:15PM-9:30PM (Pickleball)		12:15PM-2:00PM (Pickleball) 6:30PM-8:00PM (Pickleball) 8:00PM-9:30PM (Pickleball)	8:00AM-10:30AM (Pickleball)		
Teen Open Gym Full Gym		2:00PM-4:00PM (Open Gym)	2:00PM-4:00PM (Open Gym)	2:00PM-4:00PM (Open Gym)	2:00PM-4:00PM (Open Gym)		
Youth Sports Back Half - Gym		4:00PM-6:30PM (Youth Sports)	4:00PM-6:15PM (Youth Sports)	9:30AM-12:00PM (Youth Sports) 4:00PM-6:30PM (Youth Sports)		7:00AM-2:00PM (Youth Sports)	
Adult Sports Front Half - Gym		6:00PM-8:15PM (Open Gym)					
Pickleball Back Half - Gym		6:30PM-8:15PM (Pickleball)		7:00AM-8:00AM (Pickleball)			
Group Power® Studio A		6:30PM-7:25PM (Strength) <i>Leslie S.</i>		6:30PM-7:25PM (Strength) <i>Leslie S.</i>			11:30AM-12:25PM (Strength) <i>Leslie S.</i>
Yoga Studio A		7:30PM-8:25PM (Mind Body) <i>Debra G.</i>		7:30PM-8:25PM (Mind Body) <i>Ali C.</i>	7:00AM-7:55AM (Mind Body) <i>Nissa W.</i>		

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Gym Back Half - Gym			7:00AM-2:00PM (Open Gym)	9:00AM-9:30AM (Open Gym)			
Pilates Studio A			9:15AM-10:10AM (Mind Body) <i>Annette S.</i>			8:00AM-8:55AM (Mind Body) <i>Jane G.</i>	
Cycle-Xpress Cycle Studio			10:00AM-10:30AM (Cardio) <i>Vanessa T.</i>				
Bootcamp-Xpress Turf			10:45AM-11:15AM (Cardio & Strength) <i>Vanessa T.</i>				
Parkinson's PWR! Studio A			11:45AM-12:45PM (Prevention Wellness) <i>Jane G.</i>				
Pilates HIIT Studio B Teen Center			12:00PM-12:55PM (Cardio & Strength) <i>Joe S.</i>				
Cardio Dance + ***NEW Studio A				7:00AM-7:45AM (Cardio & Strength) <i>Delaney T.</i>			
Vinyasa Flow Yoga Studio B Teen Center				10:00AM-10:55AM (Mind Body) <i>Victoria R.</i>			
Core Fusion Studio A					8:15AM-9:00AM (Mind Body) <i>Jane G.</i>		
CHAIR YOGA & Your Brain ***POP-UP*** Studio B Teen Center					10:00AM-10:55AM (Special Event/Pop Up) <i>Kathleen C.</i>		
Yoga Studio B Teen Center						8:00AM-8:55AM (Mind Body) <i>Nissa W.</i> 9:00AM-9:55AM (Mind Body) <i>Nissa W.</i>	
Adult Open Gym Full Gym							7:00AM-10:00AM (Open Gym)
Pickleball Front Half - Gym							10:00AM-11:30AM (Pickleball) 11:30AM-1:00PM (Pickleball)