



# Studio Schedule: Westboro Tennis & Swim Club

Effective: WINTER 2019 - Jan. 7, 2019 to March 17, 2019

See our class schedules online at [www.mysportsclubs.com](http://www.mysportsclubs.com)

monday	tuesday	wednesday	thursday	friday	saturday	sunday
5:45am - CS cycling <i>lisa</i>	5:45am - S1 <b>LES MILLS</b> <b>BODYPUMP</b> <i>sarah m</i>	5:45am - CS <b>LES MILLS</b> <b>RPM</b> <i>sarah m</i>	5:45am - S1 <b>LES MILLS</b> <b>BODYPUMP</b> <i>monica</i>	5:45am - CS cycling <i>lisa</i>	7:30am - CS cycling <i>monica/tracey</i>	
8:45am - S1 <b>LES MILLS</b> <b>CXWORX</b> <i>michelle</i>	8:15am - S1 barre conditioning <i>jamie</i>	8:15am - S1 pilates mat <i>jamie</i>		8:45am - S1 <b>LES MILLS</b> <b>CXWORX</b> <i>monica</i>	8:00am <b>LES MILLS</b> <b>BODYPUMP</b> mari	8:30am - S1 <b>LES MILLS</b> <b>CXWORX</b> <i>mari</i>
9:00am - P hi-low H2O <i>beth</i>	9:00am - P aquatic yoga <i>eileen</i>	9:00am - P silver splash <i>eileen</i>	9:00am - P self directed	9:00am - P aqua flow <i>eileen</i>	8:30am - P hi-low H2O <i>joey</i>	8:30am - S1 boogie bootcamp <i>larisa</i>
9:15am - S1 <b>LES MILLS</b> <b>BODYPUMP</b> <i>sarah t</i>	9:15am - S1 total body conditioning <i>jess</i>	9:15am - S1 <b>LES MILLS</b> <b>BODYCOMBAT</b> <i>sanjeeta</i>	9:15am - S1 cardio cross training <i>sarah t</i>	9:15am - S1 <b>LES MILLS</b> <b>BODYPUMP</b> <i>monica</i>	9:00am - S1 <b>LES MILLS</b> <b>BODYCOMBAT</b> <i>mari</i>	9:00am - S1 <b>LES MILLS</b> <b>BODYPUMP</b> <i>mari</i>
9:15am - CS <b>LES MILLS</b> <b>RPM</b> <i>michelle</i>	9:15am - CS cycling <i>tracey</i>	9:15am - CS <b>LES MILLS</b> <b>RPM</b> <i>michelle</i>			10:00am - S1(75 min) hatha yoga <i>kathy</i>	9:15am - CS <b>LES MILLS</b> <b>RPM</b> <i>sarah t</i>
9:15am - Courts boxing bootcamp <i>gina</i>			9:15am - Courts boxing bootcamp <i>gina</i>			10:00am - S1 <b>LES MILLS</b> <b>BODYFLOW</b> <i>sarah t</i>
10:15am - S1 yoga <i>dyan</i>	10:15am - S1 <b>LES MILLS</b> <b>BODYFLOW</b> <i>ellen</i>	10:15am - S1 yoga <i>ellen</i>	10:15am - S1 <b>LES MILLS</b> <b>BODYFLOW</b> <i>sarah t</i>	10:15 - S1 yoga <i>eileen</i>		11:00am - S1 <b>ZUMBA</b> fitness <i>nicky</i>
	11:45am - S1 <i>silver sneaker classic</i>	11:45am - S1 <i>silver sneaker stretch</i>	11:45am - S1 <i>silver sneaker classic</i>			
6:00pm - S1 total body conditioning <i>jess/natalie</i>	6:00pm - CS <b>LES MILLS</b> <b>RPM</b> <i>donna</i>	6:00pm - S1 <b>LES MILLS</b> <b>BODYCOMBAT</b> <i>theresa</i>	6:00pm - S1 <b>LES MILLS</b> <b>BODYPUMP</b> <i>jessica</i>	6:00pm - CS <b>LES MILLS</b> <b>RPM</b> <i>sanjeeta</i>		
	6:30pm - P aqua intervals <i>joey</i>					

Locations: CS= Cycling Studio S1 = Studio 1 C = Courts P= POOL

Studio classes are 55 minutes unless otherwise noted. Cycling classes are 45 minutes unless otherwise noted.

