



CHELMSFORD GROUP X SCHEDULE WINTER 2021-2022

Same start time.

SPACE IS LIMITED. Enrollment via the app is mandatory. Thank you!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM	SPINNING SPIN STUDIO		SPINNING SPIN STUDIO	HIIT GROUP X STUDIO	LES MILLS BODYPUMP GROUP X STUDIO		
6:00 AM		<i>BARREFlow</i> PRANA STUDIO					
8:00 AM						LES MILLS BODYPUMP GROUP X STUDIO	TOTAL BODY GROUP X STUDIO
8:15 AM	<i>BARREFlow</i> PRANA STUDIO	HIIT GROUP X STUDIO	LES MILLS BODYPUMP GROUP X STUDIO	SPINNING SPIN STUDIO	HIIT GROUP X STUDIO	SPINNING SPIN STUDIO	
9:00 AM			SPINNING SPIN STUDIO				SPINNING SPIN STUDIO
9:15 AM						KICKBOX GROUP X STUDIO	STEP GROUP X STUDIO
9:30 AM	LES MILLS BODYPUMP GROUP X STUDIO	BARRE GROUP X STUDIO		ZUMBA GROUP X STUDIO	BARRE GROUP X STUDIO	GENTLE FLOW YOGA PRANA STUDIO	
10:00 AM		YOGA FUSION PRANA STUDIO	HOT POWER YOGA PRANA STUDIO				
10:30 AM						BARRE GROUP X STUDIO	SLOW FLOW YOGA PRANA STUDIO
11:00 AM	AGELESS GROUP X STUDIO				AGELESS GROUP X STUDIO		ZUMBA GROUP X STUDIO
12:00 PM			AGELESS GROUP X STUDIO				
4:30 PM	BARRE GROUP X STUDIO	BREATH & FLOW PRANA STUDIO	KICKBOX GROUP X STUDIO	SPINPower SPIN STUDIO	LES MILLS BODYPUMP GROUP X STUDIO		
5:00 PM							RESTORATIVE PRANA STUDIO
5:30 PM	SPINNING SPIN STUDIO	HIIT GROUP X STUDIO	LES MILLS BODYPUMP GROUP X STUDIO	CORE GROUP X STUDIO	SPINNING SPIN STUDIO		
5:45 PM	HIIT PILATES PRANA STUDIO	SPINPower SPIN STUDIO		HOT CORE FUSION PRANA STUDIO			
6:00 PM				TABATA GROUP X STUDIO			
6:30 PM			HOT VINYASA PRANA STUDIO			STEPHANIEP@MYCHOICEFITNESS.COM	
6:45 PM	SLOW FLOW PRANA STUDIO	ZUMBA GROUP X STUDIO	STEP GROUP X STUDIO	ZUMBA GROUP X STUDIO		EFFECTIVE 12/20/21	