

HEDINGHAM ATHLETIC CLUB GROUP FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	
6:10-7:10 AM	OPEN GYM**	OPEN GYM**	OPEN GYM**	OPEN GYM**	FITNESS BOOT CAMP NIKI	Athletic Club Hours
8:00-9:00AM	OPEN GYM**	(8:15-9:15) TOTAL STRENGTH	OPEN GYM**	OPEN GYM**	OPEN GYM**	MON.-THUR. 5:30AM-9PM
9:00-10:00AM	GET FIT NIKI		OPEN GYM**	GET FIT NIKI	OPEN GYM**	(9:15AM) YOGA W/ JESS §
10:00-11:00AM	OPEN GYM**	OPEN GYM**	OPEN GYM**	OPEN GYM**	OPEN GYM**	SATURDAY 8AM-6PM
4:30-7:00PM	(5:45-6:45PM) YOGA W/ JESS §	OPEN GYM**	OPEN GYM**	OPEN GYM**	OPEN GYM**	SATURDAY 8AM-6PM
6:00-7:00PM	ADULT BASKETBALL	OPEN GYM**	OPEN GYM**	ROCK HARD W/ TIM*	OPEN GYM**	SUNDAY 11AM-3PM
7:00-8:00PM	ZUMBA W/ HEATHER	YOGA W/ JESS*	OPEN GYM**	YOGA W/ JESS*	OPEN GYM**	
8:00-9:00PM	ADULT BASKETBALL**	OPEN GYM**	OPEN GYM**	PICKLEBALL**	OPEN GYM UNTIL 8PM	
NOTES						
** LOCATED IN GYMNASIUM						
*LOCATED IN AEROBICS ROOM						
§ EXTRA CASH PAYMENT						