

SCULPT WELL CO.

5 North St.
Ware, MA 01082

weekly class schedule

November 2026

MONDAY
6:00PM STATION STRENGTH
60 MIN

TUESDAY
9:30AM WORKOUT OF THE WEEK
45 MIN CHEST, TRICEPS + QUADS

5:30PM POWER SCULPT
45 MIN

6:30PM SMALL GROUP STRENGTH
60 MIN NEW SESSION BEGINS ON 11/3

WEDNESDAY
CLOSED

THURSDAY
5:45PM TOTAL BODY BASICS
45 MIN

6:45PM SMALL GROUP STRENGTH
60 MIN NEW SESSION BEGINS ON 11/5

FRIDAY
6:00AM SMALL GROUP STRENGTH
60 MIN NEW SESSION BEGINS ON 11/6

SATURDAY
7:00AM SWEAT
60 MIN

8:15AM HYBRID TRAINING
60 MIN