

SCULPT WELL CO.

5 North St.
Ware, MA 01082

weekly class schedule

September 2026

MONDAY

6:00AM HATHA FLOW YOGA
60 MIN

6:00PM STATION STRENGTH
60 MIN

TUESDAY

9:30AM WORKOUT OF THE WEEK
45 MIN · FOCUS: PUSH vs. PULL

5:30PM POWER SCULPT
45 MIN

6:30PM SMALL GROUP STRENGTH
60 MIN · SESSION FULL / DM FOR NEXT SESSION
WAITLIST

WEDNESDAY

6:00AM YOGA SCULPT
60 MIN

THURSDAY

5:45PM TOTAL BODY BASICS
45 MIN

6:45PM SMALL GROUP STRENGTH
60 MIN · LIMITED SPOTS AVAILABLE

FRIDAY

6:00AM SMALL GROUP STRENGTH
60 MIN · LIMITED SPOTS AVAILABLE

9:30AM SMALL GROUP STRENGTH
60 MIN · LIMITED SPOTS AVAILABLE

SATURDAY

7:00AM SWEAT
60 MIN

8:10AM HYBRID TRAINING
60 MIN (EVERY OTHER WEEK)