

Greater Boston Fitness Club Group Exercise Schedule



Class Location Key (all studios are at 1 HF Brown Way, Natick, MA):

"Boston" Studio	"LA" Studio	"Miami" Studio	Virtual Only
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Most in-person classes are also streamed live on Zoom (Hybrid)

Effective 2/01/2026

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 - 9:30					Definitions Deb		
9:00 - 10:00	Definitions Deb			Yoga Strength, Balance & Core Marcell			Zumba (45 Minutes) Cheryl
				Full-On Functional Movement Jeannine			
9:30 - 10:30		Zumba Christina	Zumba Cheryl		Classic Kickbox (45 Minutes) Jeannine	Zumba Cheryl	
10:00 - 11:00	Zumba Cheryl			Cardio Barre Paula			
10:15 - 11:15					Line Dancing Cheryl		
10:30 - 11:30		Muscle Mix-up Paula	Cardio Sculpt Cindy			Muscle Slay Barb	
4:30 - 5:15					Barre Fusion Sandra		
4:45 - 5:30			Mat Pilates Sandra				
6:30 - 7:30		Shine Dance Fitness Ally					