

Greater Boston Fitness Club Group Exercise Schedule

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

Effective 1/1/2025

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

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
9:30 - 10:30		Zumba Christina	Zumba Cheryl		Line Dancing Cheryl	Zumba Cheryl	
10:00 - 11:00	Shine Dance Fitness Ally/Crystal			Zumba Christina			
10:30 - 11:30		Muscle Mix-up Paula	Cardio Sculpt Cindy		Zumba Tisha	Muscle Slay Barb	
11:00 - 12:00				Barre Sculpt Paula			
4:30 - 5:15			Mat Pilates (45 Minutes) Sandra		Barre Fusion (45 Minutes) Sandra		