

Greater Boston Fitness Club Group Exercise Schedule



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

"Boston" Studio

"LA" Studio

Virtual Only

Most in-person classes are also streamed live on Zoom (Hybrid)

Effective 9/8/2026

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
9:30 - 10:30		Total Body Burn Christina	Zumba Cheryl	Full-On Functional Movement Jeannine	Classic Kickbox (45 Minutes) Jeannine	Zumba Cheryl	
10:00 - 11:00	Zumba Cheryl						
10:15 - 11:15					Line Dancing Cheryl		
10:30 - 11:30		Cardio Fusion Paula	Cardio Sculpt Cindy	Above the Belt Paula		Muscle Slay Barb	
4:30 - 5:15					Barre Fusion Sandra		
4:45 - 5:30			Mat Pilates Sandra				
5:30 - 6:30					Muscle Madness Barb		
7:00 - 7:50			Shine Dance Fitness Ally				