

# 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 4/27/2026

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