

# COHASSET FITNESS CLUB

SMALL GROUP SPECIALIZED PROGRAM **WINTER**

Day	Time & Session:	Location:
<b>MONDAY</b>	<ul style="list-style-type: none"> <li>• 5:30 – 6:15am Cycle Express</li> <li>• 6:15 – 6:30am Ab Blast</li> <li>• 8:15 -8:45am Tread N Shed</li> <li>• 8:45 – 9:30am Power Pump 321</li> <li>• 9:30 – 10:00am Cycle 30</li> <li>• 10:00 - 10:45am TRX Bootcamp</li> <li>• 5:00 - 5:30pm B-25</li> <li>• 5:30 -6:00 pm All-in-20 Total Body Burn</li> <li>• 6:15 – 7:00pm Circuit Boot Camp</li> <li>• 7:00 – 7:45pm Power Warrior Circuit</li> </ul>	Cycle Studio (3 <sup>rd</sup> floor) Nautilus Area Cardio Area Main Studio (3 <sup>rd</sup> floor) Cycle Studio (3 <sup>rd</sup> floor) Small Group Studio Small Group Studio Small Group Studio Nautilus Area Free Weight Floor
<b>TUESDAY</b>	<ul style="list-style-type: none"> <li>• 8:00 -8:30am Tread N’ Shed</li> <li>• 8:30 -9:00am Cycle</li> <li>• 9:00 -9:30am All-in-20 Upper Burn</li> <li>• 9:30 – 10:00am Insanity</li> <li>• 10:00 – 10:15am Insanity Core</li> <li>• 10:15 – 10:45am Pi-Yo-Barre</li> <li>• 10:45 -11:15pm Cardio Circuit</li> <li>• 5:40-6:00pm TABATA</li> <li>• 6:00-6:45pm P90X Live (legs,upper &amp; abs)</li> </ul>	Nautilus Area Cycle Studio (3 <sup>rd</sup> Floor) Main Studio (3 <sup>rd</sup> floor) Main Studio (3 <sup>rd</sup> floor) Cycle Studio (3 <sup>rd</sup> floor) Main Studio (3 <sup>rd</sup> floor) Cardio Area Small Group Studio Main Studio (3 <sup>rd</sup> floor)
<b>WEDNESDAY</b>	<ul style="list-style-type: none"> <li>• 5:30 – 6:15am Cycle Express</li> <li>• 6:15 – 6:30am Ab Blast</li> <li>• 8:30-9:00am AMRAP</li> <li>• 9:00 – 10:00am P90X Live!</li> <li>• 10:00 - 10:30 am Yoga Fix</li> <li>• 10:30 - 11:00am Dirty in 30</li> <li>• 11:00 – 11:20pm Tabata</li> <li>• 6:15 – 6:45 Tread N’ Shed</li> <li>• 6:45 – 7:15 All-in-20 Total Body Burn</li> <li>• 7:15 – 8:00pm Box N Burn</li> </ul>	Cycle Studio (3 <sup>rd</sup> floor) Nautilus Area Small Group Studio Main Studio (3 <sup>rd</sup> floor) Main Studio (3 <sup>rd</sup> floor) Small Group Studio Small Group Studio Small Group Studio Cardio Area Small Group Studio Small Group Studio
<b>THURSDAY</b>	<ul style="list-style-type: none"> <li>• 8:30 – 9:00am Lower Body Fix</li> <li>• 9:00 – 9:30am Cardio Ab Lab</li> <li>• 9:30 - 10:00am Insanity</li> <li>• 10:00 – 10:15am Insanity Core</li> <li>• 10:15 – 10:30 Pilates Fix</li> <li>• 10:15-10:45am Tread N Shed</li> <li>• 6:30 – 7:15pm Cycle Express</li> </ul>	Small Group Studio Nautilus Area Main Studio (3 <sup>rd</sup> floor) Main Studio (3 <sup>rd</sup> floor) Main Studio (3 <sup>rd</sup> floor) Cardio Area Cycle Studio (3 <sup>rd</sup> floor)
<b>FRIDAY</b>	<ul style="list-style-type: none"> <li>• 8:30 9:00am Tread N’ Shed</li> <li>• 9:00 – 9:45 am P90X Live! (legs, upper &amp; abs)</li> <li>• 9:45 – 10:15am Cycle 30</li> <li>• 10:15 – 11:00am Box N’ Burn!</li> <li>• 11:00-11:30am All in 20 Sculpt</li> </ul>	Cardio Area Main Studio (3 <sup>rd</sup> floor) Cycle Studio (3 <sup>rd</sup> floor) Small Group Studio Small Group Studio
<b>SATURDAY &amp; SUNDAY</b>	<ul style="list-style-type: none"> <li>• 8:00 – 9:00am All-in-20 Total Body Burn (starts 1/7)</li> <li>• 8:30 – 9:00am AMRAP</li> <li>• 9:00- 9:30am Insanity</li> <li>• 9:30-9:45am Insanity Core</li> <li>• 9:45-10:30am Cycle45</li> <li>• 9:45-10:30am Cardio Kick N Strength (starts 12/31)</li> <li>• 10:30-11:00am PiYoBarre</li> <li>• 11:00-11:30am Fitness Evaluations/orientations</li> <li>• 10:10 – 11:00am P90X Live (SUNDAY)</li> <li>• 11:00 – 11:30 Yoga Fix (SUNDAY)</li> </ul>	Small Group Studio Small Group Studio Main Studio (3 <sup>rd</sup> floor) Main Studio (3 <sup>rd</sup> floor) Cycle Studio (3 <sup>rd</sup> floor) Main Studio (3 <sup>rd</sup> floor) Main Studio (3 <sup>rd</sup> floor) Small Group Studio Main Studio (3 <sup>rd</sup> floor) Main Studio (3 <sup>rd</sup> floor)