

COHASSET FITNESS CLUB SMALL GROUP TRAINING PROGRAM FALL

Day	Time & Session:	Location:
MONDAY	<ul style="list-style-type: none"> 8:00 – 8:30am TABATA Amp'd 8:30 – 9:00am Lower Burn- Buns, Balls and Bands! 9:00 – 9:45am 3.2.1 Power Shred 9:45 -10:15am Cycle 30 10:15 – 11:00am TRX Bootcamp 4:30 – 5:00 Cardio Circuit 5:45 – 6:15pm Tread N Shed 6:15 – 6:30pm TABATA Abs 6:30 – 7:00pm TRX Strength 7:00 – 8:00pm Box N' Burn 	Cardio Area Main Studio (3 rd floor) Main Studio (3 rd floor) Cycle Studio (3 rd floor) Small Group/Boxing Studio Nautilus Area Cardio Area Nautilus Area Small Group/Boxing Studio Small Group/Boxing Studio
TUESDAY	<ul style="list-style-type: none"> 8:00 -8:30am Tread N' Shed 8:30 -9:00am Cycle 9:00 -9:30am Upper Burn 9:30 – 10:00am Insanity 10:00 – 10:15am Insanity Core 10:15 – 10:45am Athletic Stretch 10:45 -11:15pm Cardio Circuit 12:05 – 12:35 Tabata AMP'D 6:00 – 6:30pm PiYo Barre 6:30 – 7:00pm Insanity 7:00 – 7:15pm Insanity Core 	Cardio Area Cycle Studio (3 rd Floor) Main Studio (3 rd floor) Main Studio (3 rd floor) Main Studio (3 rd floor) Main Studio (3 rd floor) Nautilus Area Smal Main Studio (3 rd floor) Main Studio (3 rd floor) Main Studio (3 rd floor)
WEDNESDAY	<ul style="list-style-type: none"> 8:30 – 9:00am Tread N'Shed 9:00 – 10:00am P90X LIVE! 10:00 – 10:45am Yoga Restore 4:30 – 5:00 TABATA Amp'd 5:45 – 6:15pm Tread N Shed 6:15 – 6:30pm TABATA Abs 6:30 – 7:00pm Cycle 30 7:00 – 8:00pm Box N' Burn 	Cardio Area Main Studio (3 rd floor) Main Studio (3 rd floor) Cardio Area Cardio Area Nautilus Area Cycle Studio (3 rd floor) Small Group/Boxing Studio
THURSDAY	<ul style="list-style-type: none"> 8:00 -8:30am Tread N' Shed 8:30 -9:00am Cycle 9:00 -9:30am Lower Burn 9:30 – 10:20am Insanity MAX 10:20 – 10:45am Athletic Stretch 10:45 -11:15pm Cardio Circuit 12:05 -12:35 TRX Strength 6:10 – 6:30pm TABATA Abs 6:30 – 7:00pm Insanity 7:00 – 7:15pm Insanity Core 	Cardio Area Cycle Studio (3 rd Floor) Main Studio (3 rd floor) Main Studio (3 rd floor) Main Studio (3 rd floor) Nautilus Area Nautilus Area Small Group/Boxing Studio Main Studio (3 rd floor) Main Studio (3 rd floor)
FRIDAY	<ul style="list-style-type: none"> 8:30 9:00am TABATA Amp'd 9:00 – 9:45 am P90X Live! (legs, upper & abs) 9:45 – 10:30am Cycle 45 10:30 – 11:00am Box N' Burn! 	Cardio Area Main Studio (3 rd floor) Cycle Studio (3 rd floor) Small Group/Boxing Studio
SATURDAY & SUNDAY	<ul style="list-style-type: none"> 8:00 – 8:30am PiYo Barre 8:30 – 9:00am Upper Burn 9:00 - 9:40am Insanity MAX 9:40 – 9:55am Insanity Core 9:30-10:00am Cycle 30 10:00 – 10:30 Cycle 30 10:10 – 11:00am P90X Live (SUNDAY) 	Main Studio (3 rd floor) Main Studio (3 rd floor) Main Studio (3 rd floor) Main Studio (3 rd floor) Cycle Studio (3 rd floor) Cycle Studiio (3 rd floor) Main Studio (3 rd floor)