

COHASSET FITNESS CLUB SMALL GROUP TRAINING PROGRAM WINTER

Day	Time & Session:	Location:
MONDAY	<ul style="list-style-type: none"> 8:30 – 9:00am Lower Burn 9:00 – 9:45am 3.2.1 Power Shred 9:45 -10:15am Cycle 30 10:15 – 11:00am TRX Bootcamp 11:00 – 11:45am Silver Circuit- Strength,Brains & Balance 5:45 – 6:15pm Tread N Shed 6:15 – 6:30pm TABATA Abs 6:30 – 7:00pm Upper Burn 7:00 – 8:00pm Boxing Bootcamp 	Main Studio (3 rd floor) Main Studio (3 rd floor) Cycle Studio (3 rd floor) Small Group/Boxing Studio Nautilus/Cardio 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 Tread N'Shed 10:45 – 11:05am TABATA 12:05 – 12:35pm TRX Strength 4:00 – 4:30 Tabata Amp'd 6:00 – 6:30pm Tread N' Shed 6:30 – 7:00pm Tread N' Shed 	Cardio Area Cycle Studio (3 rd Floor) Main Studio (3 rd floor) Main Studio (3 rd floor) Main Studio (3 rd floor) Cardio Area Small Group/Boxing Studio Small Group/Boxing Studio Cardio Area Cardio Area Cardio Area
WEDNESDAY	<ul style="list-style-type: none"> 8:30 – 9:00am Tread N' CORE 9:00 – 10:00am P90X LIVE! 10:00 – 10:30am Stretch & Restore 10:00 – 11:00am Tread N' Shed 11:00 – 11:45am Silver Circuit- Strength,Brains & Balance 5:45 – 6:15pm Tread N Shed 6:15 – 6:30pm Core Focus 6:30 – 7:00pm Lower Burn 7:00 – 8:00pm Boxing Bootcamp 	Cardio Area Main Studio (3 rd floor) Main Studio (3 rd floor) Nautilus/Cardio Area Cardio Area Nautilus Area Small Group/Boxing Studio 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 – 10:15am Insanity MAX 10:15-10:30am Insanity ABS 10:30 -11:00am TRX Strength 12:05 -12:35pm Tread N'Shed 4:00 – 4:30 Tabata Amp'd 6:00 – 6:30pm Tread N' Shed 6:30 – 7:00pm Tread N' Shed 	Cardio Area Cycle Studio (3 rd Floor) Main Studio (3 rd floor) Main Studio (3 rd floor) Main Studio (3 rd floor) Small Group/Boxing Studio Cardio Area Nautilus Area Cardio Area Cardio Area
FRIDAY	<ul style="list-style-type: none"> 5:45 -6:30am Cycle 8:30 9:00am Tread N' Core 9:00 – 9:45am 3.2.1 Power Shred 9:45 – 10:30am Cycle 45 10:30 – 11:00am Boxing Bootcamp 11:00 – 11:45am Silver Circuit- Strength,Brains & Balance 	Cycle Studio (3 rd floor) Cardio Area Main Studio (3 rd floor) Cycle Studio (3 rd floor) Small Group/Boxing Studio Nautilus/Cardio Area
SATURDAY & SUNDAY	<ul style="list-style-type: none"> 8:30 – 9:00am Upper Burn 9:00 - 9:45am Insanity MAX 9:45 – 10:00 am Insanity Core 10:00 – 10:45 Cycle 45 10:10 – 11:00am P90X Live (SUNDAY) 11:00 – 11:30am Stretch & Restore (SUNDAY) 	Main Studio (3 rd floor) Main Studio (3 rd floor) Main Studio (3 rd floor) Cycle Studio (3 rd floor) Main Studio (3 rd floor) Main Studio (3 rd floor)