

Woburn Adult Schedule *valid until September 4, 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning 5:15AM 5:30AM 5:45AM 6:15AM 6:30AM 6:45AM 7:45AM 9:00AM 12:00PM	Morning 5:15AM 5:45AM 6:15AM 7:45AM 9:00AM 12:00PM	Morning 5:15AM 5:30AM 5:45AM 6:15AM 6:30AM 6:45AM 7:45AM 9:00AM 12:00PM	Morning 5:15AM 5:45AM 6:15AM 7:45AM 9:00AM 12:00PM	Morning 5:15AM 5:45AM 6:15AM 6:45AM 7:45AM 9:00AM 12:00PM	Morning
Evening 5:45PM 6:00PM 6:15PM	Evening 5:45PM 6:15PM	Evening 5:45PM 6:00PM 6:15PM	Evening 5:45PM 6:15PM	Evening 5:45PM	

Middleton Adult Schedule * valid until September 4, 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning 5:45AM 6:15AM 6:00AM 9:00AM	Morning 6:15AM	Morning 5:45AM 6:15AM 6:00AM 9:00AM	Morning 6:15AM	Morning 5:45AM 6:00AM 9:00AM	Morning
Evening 5:45PM 6:15PM	Evening 4:45PM	Evening 5:45PM 6:15PM	Evening 4:45PM	Evening 5:45PM	

*We are closed July 3-4th, September 4th. **Current Members-Always check the app for updates on available times.**