

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

Woburn Adult Schedule *valid until September 4, 2023

Middleton Adult Schedule * valid until September 4, 2023

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

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