

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|---------|-----------|----------|---------|----------|
| Morning | Morning | Morning | Morning | Morning | Morning |
| 5:15AM | 5:15AM | 5:15AM | 5:15AM | 5:15AM | 8:00AM |
| 5:30AM | 5:45AM | 5:30AM | 5:45AM | 5:45AM | 9:00AM |
| 5:45AM | 6:15AM | 5:45AM | 6:15AM | 6:15AM | |
| 6:15AM | 7:45AM | 6:15AM | 7:45AM | 6:30AM | |
| 6:30AM | 9:00AM | 6:30AM | 9:00AM | 6:45AM | |
| 6:45AM | | 6:45AM | | 7:45AM | |
| 7:45AM | 12:00PM | 7:45AM | 12:00PM | 9:00AM | |
| 9:00AM | | 9:00AM | | | |
| | | | | 11:30AM | |
| 11:45AM | | 11:45AM | | 12:00PM | |
| 12:00PM | | 12:00PM | | | |
| Evening | Evening | Evening | Evening | Evening | |
| 5:45PM | 5:45PM | 5:45PM | 5:45PM | 5:45PM | |
| 6:00PM | 6:00PM | 6:00PM | 6:00PM | | |
| 6:15PM | 6:15PM | 6:15PM | 6:15PM | | |

Woburn Adult Schedule *valid June 17-September 2, 2024

Middleton Adult Schedule * valid June 17-September 2, 2024

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|---------|-----------|----------|---------|----------|
| Morning | Morning | Morning | Morning | Morning | Morning |
| 5:30AM | 5:45AM | 5:30AM | 5:45AM | 5:45AM | 8:00AM |
| 5:45AM | 6:15AM | 5:45AM | 6:15AM | 9:00AM | |
| 6:15AM | | 6:15AM | | | |
| 6:00AM | | 6:00AM | | | |
| 9:00AM | | 9:00AM | | | |
| | | | | | |
| Evening | Evening | Evening | Evening | Evening | |
| 5:45PM | 4:45PM | 5:45PM | 4:45PM | 5:45PM | |
| 6:15PM | | 6:15PM | | | |

*We are closed July 4-6 August 31-September 2. Holiday classes may be available Current Members-Always check

the app for updates on available times.

Adult Class - 60 minutes 2-day program \$199 3-day program \$299

*Rolling admission, charged monthly