

Woburn Adult Schedule *valid September 3rd -June 15th

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

Middleton Adult Schedule *valid September 3rd -June 15th

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

*We are closed 11/27/24 pm-12/1/24. 12/25/24, 12/26/24, 12/31/24 pm, 1/1/25, 5/24/25, 5/26/25. Holiday classes may be available **Current Members-**
Always check the app for updates on available times.

Adult - 60 minutes
2-day program \$239
3-day program \$339

*Rolling admission, charged monthly