



ASSEMBLY

SPORTS CLUB

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30-6:25PM HIIT Cathy		5:30-6:25PM HIIT Cathy			
		6:30-7:30PM VINYASA YOGA Cori		6:30-7:30PM VINYASA YOGA Cori		
	6:30-7:30PM ZUMBA Lelys		6:30-7:30PM ZUMBA Lelys			

Club Hours:

Monday - Thursday 5:00am - 9:30pm

Friday - 5:00am - 8:30pm

Saturday - 8:00am - 6:30pm

Sunday - 8:00am - 5:30pm

Aerobics schedule is tentative & subject to change without notice.

Schedule effective June 1, 2022

29 Massachusetts Ave. Arlington, MA 02474

Phone: (781) 648-5433