

Class Schedule

Creating Personal Fitness Solutions

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-9:00 am CardioCore/ HIIT, HIIRT & Stretch <i>Open Attendance</i>		5:45-9:00 am Afterburn <i>Open Attendance</i>		5:45-9:00 am Afterburn/ HIIT, HIIRT & Stretch <i>Open Attendance</i>	7:30-9:15 am Bootcamp <i>Open Attendance</i>
9:00-10:00 am CardioCore	9:00-10:00 am HIIT, HIIRT & Stretch		9:00-10:00 am Afterburn		9:15-10:00 am Afterburn
10:00-11:00 am Bootcamp		10:00-11:00 am Bootcamp		10:00-11:00am Bootcamp	
					Sunday
5:00-6:00 pm HIIT, HIIRT & Stretch		5:00-6:00 pm Afterburn			Closed
6:45-8:00 pm HIIT, HIIRT & Stretch <i>Open Attendance</i> <i>45 minute wkout</i>		6:45-8:00 pm Afterburn <i>Open Attendance</i> <i>45 minute wkout</i>	6:00-7:00 pm CardioCore		



Fitness Your Weigh

@ Pepperell Place
20 Mill Street Unit 155
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Schedule your classes - Email: Steve@fitnessyourweigh.com Text/Call: 603-494-8680

New to Fitness Your Weigh? Email to start your trial today!