

fitrevolution

CYCLING • BOOT CAMP • PREMIER FITNESS STUDIO

23 Concord Street, North Reading, MA 01864

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM		Fit Strength - Kim Melius Fit Cross - Julie Fit Ride - Kara	Tabata Barre - Kasie Fit Cross- Michelle Fit Ride - Erin	Fit Strength - Kerri Muscle Blast - Joel Fit HIIT Ride - Lisa	TRX Circuit - Kim Fit Cross - Julie Fit Ride - Michelle	Muscle Blast - Joel Tabata - Lyndsay Fit Ride - Kristen	
6:00 AM							Muscle Blast - Joel
6:15 AM		Fit Strength - Lyndsay Fit Row - Jill	Fit Cross - Michelle	Fit Cross - Lisa Zucchero Fit Ride - Michelle	Fit Cross - Michelle Butts & Gutts - Julie	Fit Row - Jill Fit Strength - Michelle Fit Ride - Brianna	Fit on the Run - Julie Fit Ride - Michelle
6:30 AM							
7:15AM							Fit Cross - Michelle Fit Ride - Kara
7:30 AM							
8:00AM	Fit Ride - Linsey Fit Cross - Lisa						Fit Strength - Lyndsay
8:30AM		Tabata Barre - Kasie Fit HIIT Ride - Lisa M.	Fit Cross - Lisa Comeau Fit Ride - Michelle	Fit Strength - Kim Melius	TRX Circuit - Kim Melius Fit Row - Lisa Comeau	Fit Strength - Michelle Fit Barre - Elise	FitRev Sport - Toni Fit Ride - Kristen
9:00 AM	Fitness Yoga - Lauren			Fit Ride - Kim D.			
9:30AM		Fit Box - Toni Fit Ride - Aly	Cardio Kick & Sculpt - Toni Fit Cross - Michelle	Tabata - Toni	Cardio Kick & Sculpt - Toni Fit Cross - Kim D.	Fit Cross - Michelle Fit Ride - Kara	
4:00 PM							
6:00PM			Fit Beat - Elise				
6:15PM			Fit Run - Nichole				
6:30PM		Fit Ride & Strength - Kara Fit Cross - Mark		Fit Barre - Elise	Fit Ride - Linsey		
7:30PM							

Open Gym for Monthly Members

Classes in the Cycling Studio

*Specialty Classes, registration required

Classes on the Turf or in the Aerobics Room