



WOBURN

Group Schedule - Fall 2023
September 5th- November 21st

Middle School - 60 minutes Sports Performance - 60 minutes Adult - 60 minutes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adult AM 5:15, 5:30, 5:45, 6:15, 6:30, 6:45, 7:45, 9:00 Adult PM 12:00, 5:45, 6:00, 6:15	Adult AM 5:15, 5:45, 6:15, 7:45, 9:00 Adult PM 12:00, 5:45, 6:00, 6:15	Adult AM 5:15, 5:30, 5:45, 6:15, 6:30, 6:45, 7:45, 9:00 Adult PM 12:00, 5:45, 6:00, 6:15	Adult AM 5:15, 5:45, 6:15, 7:45, 9:00 Adult PM 12:00, 5:45, 6:00, 6:15	Adult AM 5:15, 5:30, 5:45, 6:15, 6:30 6:45, 7:45, 9:00 Adult PM 12:00, 5:45	Adult AM 8:00, 8:30
Middle School 3:30PM, 4:00PM, 4:30PM, 5:00PM, 5:30PM	Middle School 3:45PM, 4:00PM, 4:30PM, 5:00PM, 5:30PM	Middle School 3:30PM, 4:00PM, 4:30PM, 5:00PM, 5:30PM	Middle School 3:45PM, 4:00PM, 4:30PM, 5:00PM, 5:30PM		
High School Sports Performance 3:15PM, 3:45PM, 4:15PM, 4:45PM, 5:15PM, 6:30PM	High School Sports Performance 3:15PM, 3:30PM, 4:15PM, 4:45PM, 5:15PM, 6:30PM	High School Sports Performance 3:15PM, 3:45PM, 4:15PM, 4:45PM, 5:15PM, 6:30PM	High School Sports Performance 3:15PM, 3:30PM, 4:15PM, 4:45PM, 5:15PM, 6:30PM	High School Sports Performance 3:45PM, 4:15PM, 4:45PM,	High School Sports Performance 9:00AM, 9:30AM

*Times subject to change. Always check www.bodybyboyle.com/sign-up for current offerings