

Woburn Adult Schedule *valid September 5-June 7, 2024

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

Middleton Adult Schedule * valid September 5-June 7, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning 5:30AM 5:45AM 6:15AM 6:00AM 9:00AM	Morning 5:45AM 6:15AM	Morning 5:30AM 5:45AM 6:15AM 6:00AM 9:00AM	Morning 5:45AM 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 Nov 23-26, Dec 25, May 25-27. **Current Members-Always check the app for updates on available times.**

Adult Class - 60 minutes
2-day program \$199
3-day program \$299

*Rolling admission, charged monthly