MIKE BOYLE MBSC STRENGTH & CONDITIONING

Woburn Adult Schedule *valid June 16th-September 2nd

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning 5:15AM 5:30AM 5:45AM 6:15AM 6:30AM 7:00AM 7:45AM 9:00AM 11:45AM	Morning 5:15AM 5:45AM 6:15AM 7:45AM 9:00AM 12:00PM	Morning 5:15AM 5:30AM 5:45AM 6:15AM 6:30AM 7:00AM 7:45AM 9:00AM 11:45AM	Morning 5:15AM 5:45AM 6:15AM 7:45AM 9:00AM 12:00PM	Morning 5:15AM 5:45AM 6:15AM 6:30AM 7:00AM 7:45AM 9:00AM 11:45AM	Morning 8:00AM 8:30AM 9:00AM 10:00AM
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 June 16th-September 2nd

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning 5:45AM 6:15AM 9:00AM	Morning 6:15AM	Morning 5:45AM 6:15AM 9:00AM	Morning 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 7/4-7/6 and 8/29 pm-9/1. Holiday classes may be available Current Members-Always check the app for updates on available times.

Adult - 60 minutes

2-day program $239

3-day program $339

*Rolling admission, charged monthly