MIKE BOYLE MBSC STRENGTH & CONDITIONING

Woburn Adult Schedule *valid September 2rd -June 20th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning 5:15AM 5:30AM 5:45AM 6:00AM 6:15AM 6:30AM 6:45AM 7:00AM 7:45AM 9:00AM 9:15AM 11:30AM 12:00PM	Morning 5:15AM 5:45AM 6:15AM 7:45AM 9:00AM 12:00PM	Morning 5:15AM 5:30AM 5:45AM 6:00AM 6:15AM 6:30AM 6:45AM 7:00AM 7:45AM 9:00AM 9:15AM 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 3rd -June 15th

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 11/26/25 pm-11/30/25. 12/24/25 pm, 12/25/25, 12/31/25 pm, 1/1/26, 5/24/26, 5/26/26. 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