

**Woburn Adult Schedule \*valid June 22nd-August 27th**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning</b> 5:15AM 5:30AM 5:45AM 6:15AM 6:30AM 6:45AM 7:00AM 7:45AM 9:00AM 9:15AM  11:45AM 12:00PM	<b>Morning</b> 5:15AM 5:45AM 6:15AM 7:45AM 9:00AM  12:00PM	<b>Morning</b> 5:15AM 5:30AM 5:45AM 6:15AM 6:30AM 6:45AM 7:00AM 7:45AM 9:00AM 9:15AM  11:45AM 12:00PM	<b>Morning</b> 5:15AM 5:45AM 6:15AM 7:45AM 9:00AM  12:00PM	<b>Morning</b> 5:15AM 5:45AM 6:15AM 6:30AM 6:45AM 7:45AM 9:00AM 9:15AM  11:30AM 12:00PM	<b>Morning</b> 8:00AM 8:30AM 9:00AM 10:00AM
<b>Evening</b> 5:45PM 6:00PM 6:15PM	<b>Evening</b> 5:45PM 6:00PM 6:15PM	<b>Evening</b> 5:45PM 6:00PM 6:15PM	<b>Evening</b> 5:45PM 6:00PM 6:15PM	<b>Evening</b> 5:45PM	

**Middleton Adult Schedule \* valid June 22nd-August 27th**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Morning</b> 5:30AM 5:45AM 6:15AM 6:00AM 9:00AM	<b>Morning</b> 5:45AM 6:15AM	<b>Morning</b> 5:30AM 5:45AM 6:15AM 6:00AM 9:00AM	<b>Morning</b> 5:45AM 6:15AM	<b>Morning</b> 5:45AM 9:00AM	<b>Morning</b> 8:00AM
<b>Evening</b> 5:45PM 6:15PM	<b>Evening</b> 4:45PM	<b>Evening</b> 5:45PM 6:15PM	<b>Evening</b> 4:45PM	<b>Evening</b> 5:45PM	

\*We are closed 7/3/26 pm, 7/4/26. 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