

Woburn Adult Schedule *valid September 8th -June 19th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning 5:15AM 5:30AM 5:45AM 6:00AM 6:30AM 7:00AM 7:45AM 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 6:30AM 7:00AM 7:45AM 9:15AM 11:30AM 12:00PM	Morning 5:15AM 5:45AM 6:15AM 7:45AM 9:00AM 12:00PM	Morning 5:15AM 5:45AM 6:30AM 7:45AM 9:15AM 11:30AM 12:00PM	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 September 8th -June 19th

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

*We are closed 11/25 pm-11/29, 12/24, 12/25, 1/1, 1/ 2, 5/29, 5/31, Holiday classes may be available. **Current**

Members-Always check the app for updates on available times. Subject to change.

Adult - 60 minutes

2-day program \$259

3-day program \$359

***Rolling admission, charged monthly**