



Land Schedule September 2019

90 Swanson Road
Boxborough, MA 01719
978-635-0500
www.swymfit.com

| Area | Sunday | | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | | Area | |
|----------|------------------|--------------|--|--------------|--|--------------|------------------------------------|--------------|------------------|--------------|-------------------------------|--------------|------------------------------------|--------------|----------|--|
| | Studio | Fitness Room | Studio | Fitness Room | Studio | Fitness Room | Studio | Fitness Room | Studio | Fitness Room | Studio | Fitness Room | Studio | Fitness Room | | |
| 5:30 AM | Opens @ 8:00 am | | Opens @ 6:00 am | | Opens @ 6:00 am | | Opens @ 6:00 am | | Opens @ 6:00 am | | Opens @ 6:00 am | | Opens @ 6:00 am | | 5:30 AM | |
| 6:00 AM | | | 6:00 AM | | | | | | | | | | | | 6:00 AM | |
| 6:30 AM | | | 6:30 AM | | | | | | | | | | | | 6:30 AM | |
| 7:00 AM | | | 7:00 AM | | | | | | | | | | | | 7:00 AM | |
| 7:30 AM | | | | | | | Swymfit 300 7:30 - 8:15 am | | | | Swymfit 300 7:30 - 8:15 am | | Yoga 7:30 - 8:30am Kate Hamm | | 7:30 AM | |
| 8:00 AM | | | | | Intro To Keiser 7:30 - 8:15am | | | | | | | | | | 8:00 AM | |
| 8:30 AM | | | Yoga 8:30 - 9:45am Erin LoPorto | | | | | | | | | | | | 8:30 AM | |
| 9:00 AM | | | | | | | TRX 8:45 - 9:30am | | | | TRX 8:45 - 9:30am | | | | 9:00 AM | |
| 9:30 AM | | | | | | | | | | | | | | | 9:30 AM | |
| 10:00 AM | | | | | | | TRX 9:30 - 10:15 am | | | | TRX 9:30 - 10:15 am | | | | 10:00 AM | |
| 10:30 AM | | | | | | | | | | | | | | | 10:30 AM | |
| 11:00 AM | | | | | | | | | | | | | | | 11:00 AM | |
| 11:30 AM | | | Pilates 11:00 - 12:00pm Yvonne Bennelli | | Tai Chi 11:00 - 12:00pm Don Miller | | | | | | | | | | 11:30 AM | |
| 12:00 PM | | | | | | | | | | | | | | | 12:00 PM | |
| 12:30 PM | | | | | | | | | | | | | | | 12:30 PM | |
| 1:00 PM | | | | | | | | | | | | | | | 1:00 PM | |
| 1:30 PM | | | | | | | | | | | | | | | 1:30 PM | |
| 2:00 PM | | | | | | | | | | | | | | | 2:00 PM | |
| 2:30 PM | | | | | | | | | | | | | | | 2:30 PM | |
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| 3:30 PM | | | | | | | | | | | | | | | 3:30 PM | |
| 4:00 PM | | | | | | | | | | | | | | | 4:00 PM | |
| 4:30 PM | | | | | | | | | | | | | | | 4:30 PM | |
| 5:00 PM | | | | | | | | | | | | | | | 5:00 PM | |
| 5:30 PM | | | | | | | | | | | | | | | 5:30 PM | |
| 6:00 PM | Closed @ 5:00 pm | | | | | | Yoga 6:00 - 7:00pm Kate Hamm | | | | | | Closed @ 6:00 pm | | 6:00 PM | |
| 6:30 PM | | | 6:30 PM | | | | | | | | | | | | 6:30 PM | |
| 7:00 PM | | | 7:00 PM | | | | | | | | | | | | 7:00 PM | |
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| 8:30 PM | | | | | | | | | | | | | | | 8:30 PM | |
| 9:00 PM | | | Closed @ 9:00 pm | | | | Closed @ 9:00 pm | | | | Closed @ 9:00 pm | | | | 9:00 PM | |
| 9:30 PM | | | | | Closed @ 9:30 pm | | | | Closed @ 9:30 pm | | | | | | 9:30 PM | |

****Please Pre-register for the TRX classes at the front desk.
Pre-registration is not required for the Yoga, Pilates, and Tai Chi**