



GROUP FITNESS CLASS SCHEDULE (Effective 27/2/25)

MANCHESTER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



9:00-10:00 am

Zumba
(Group X Room)
-Karen

Nashua location childcare available Mon-Sat 830am-11am & Mon-Wed 430pm-730pm

5:30-6:30 pm

Spinning
(Spinning Room)
-Eve

5:30-6:30 pm

Zumba
(Group X Room)
-Karen

6:00-7:00 pm

Yoga
(Yoga Room)
-Rose

6:00-7:00 pm

Yoga
(Yoga Room)
-Rose



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