FITLAB FITNESS CLUB

GROUP FITNESS CLASS SCHEDULE (Effective 4/21/26)

NASHUA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Elevate Your Fitness Potential RAMP				9:00-10:00 am Reps & Sets (Group X Room) **-Colleen**	10:00-11:00am Yoga (Group X Room) **-Rose**
5:45-6:45 pm Muscle Conditioning (Group X Room) **-Colleen** 6:00-7:00pm Boxing Bootcamp (Boxing Room) **-Jesse**	5:00-6:00 pm Yoga Flow (Group X Room) **-Rose** 6:00-7:00 pm Cardio Kickboxing (Group X Room) **-Martina**	6:00-7:00 pm Cardio Kickboxing (Boxing Room) **-Jesse**	5:45-6:45 pm Spinning (Group X Room) **-Pat**	6:00-7:00 pm HIIT/Interval Training (Boxing Room) **-Jesse**		

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

Elevate Your Fitness Potential RAMP

Get a personalized program with every Exercise, Set, Rep, & Weight CUSTOMIZED TO YOU! Comes with Nutrition Plan and progress tracking.

Guaranteed Positive Results or you PAY NOTHING!

SEE FRONT DESK FOR DETAILS

ASK US ABOUT BRINGING A FRIEND FREE!
SEE FRONT DESK FOR FREE 30 DAY MEMBERSHIP PASSES