

TSC Virtual/Indoor Schedule Effective 12/01/2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am Band Strength Marta/Heather						8:15-8:45am Spinervals Express Rotating Instructor
	8:00-8:30am Kickbox Express Rachel				8:05am Cardio-Strength Karen D. (Low Impact)	9:00-9:55AM Strength Jody
	8:30am Barre Strength Rachel	9:00-9:30am Cardio Express Andrea	8:30am Pilates Judy	9:30-10:00am Core Andrea		10:05am Barre-Strength Amber In Person & Virtual
					10:00am Strength Andrea	11:05am YOGA* Amber In Person & Virtual
4:30pm YOGA* Jessica In Person & Virtual		4:30pm YOGA* Jessica In Person & Virtual	4:30pm Strength Michelle			
			5:35pm ZUMBA Michelle			
5:30pm Strength Jody	5:30pm Step and Muscle Karen D.					
<p>Classes not specified are 55 min in length Schedule is always subject to change *Classes in Green are indoor and virtual *Indoor classes require a mask per the governor</p>						

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Questions/Concerns:
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