



BACK BAY FITNESS

MAY SCHEDULE

Mon

7:00-8:00am Functional Strength - Mike
12:00-12:45pm Yoga (Virtual) - Jessica
12:15-1:00pm HIIT - Mike
12:15-12:45pm Pilates - Caroline
1:00-1:15pm Hard Core - Mike
5:15-6:00pm Spin HIIT - Sarah



Tue

7:00-8:00am Morning Grind - Caroline
12:15-1:00pm Functional Strength - Mike
12:15-1:00pm Spin & Crunch - Caroline
1:00-1:15pm Absanity - Mike
5:15-6:00pm Barre - Sarah
5:30-6:00pm Pilates - Caroline



Wed

7:00-8:00am Morning Insanity - Caroline
11:30am-12:15pm Power Express - Mike
12:15-1:00pm Zumba - Marysol
12:15-12:40 & 12:45-1:10pm Midday Reset - Caroline
6:00-6:45pm Spin Warriors - Caroline



Thu

7:00 - 7:30am Core & Stretch - Caroline
11:15am-12:00pm Yoga (Hybrid) - Ina
12:15-1:00pm Intense Intervals - Mike

