



BACK BAY FITNESS

NOVEMBER SCHEDULE

Mon

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



Tue

7:00-8:00am Morning Grind - Mike
12:15-1:00pm Functional Strength - Mike
12:15-1:00pm Spin & Crunch - Jaclyn
12:15-1:00pm Vinyasa Flow Yoga - Petrena
1:00-1:15pm Absanity - Mike
5:15-6:00pm Barre - Sarah



Wed

7:00-7:45am Spin Warriors - Kristin
7:00-8:00am Morning Insanity - Chris
12:15-12:45pm Stretch & Meditation Petrena
12:15-1:00pm Power Express - Mike
1:00-1:15pm Hard Core - Mike



Thu

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

