

# Group Fitness Schedule

North Shore's Premier Health Club

12/20	12/21	12/22	12/23	12/24
Thursday	Friday	Saturday	Sunday	Monday
5:45 - 6:45 BB COURT	5:45 - 6:35 	7:40 - 8:30 		5:45 - 6:35 
6:15-7:00 <b>TRX</b> BAC Express	5:45-6:45 <b>CARDIO FUSION</b> BB COURT	7:30-8:30 BB COURT		5:45 - 6:35 <b>P.H.I.I.T.</b> BB COURT
		8:30-9:25 		
8:30-9:30 BB COURT	9:00 - 9:30 BB COURT	8:30-9:15 <b>TRX</b> BAC Express	8:30-9:20 	8:30-9:30 BB COURT
	9:30-10:15 <b>TRX</b> angel	8:35-9:05 BB COURT	8:30-9:30 <b>Barre</b> BB COURT	9:30-10:20 
	9:35-10:25 	9:10-10:00 <b>Mat Pilates</b> BB COURT		10:00-11:00 
	9:35-10:35 <b>P.H.I.I.T.</b> HIIT STUDIO	10:00-10:50 		
12:00-12:30 				
12:30-1:00 BB COURT		<p align="center"><b>GROUP FITNESS</b></p> <p align="center"><b>BEVERLY ATHLETIC CLUB</b></p> <p align="center">FOR MORE INFO PLEASE EMAIL</p> <p align="center"><b>Beth Fielder</b></p> <p align="center">bfielder@beverlyathletic.com 978-927-0920 Ext: 23</p>		
4:30-5:30 BB COURT				
5:30-6:30 BB COURT	6:00-7:00 			
6:00-6:50 				
6:30-7:30 BB COURT		<p align="center"><b>REVISED</b></p> <p align="center"><b>GE SCHEDULE</b></p> <p align="center"><b>12/20 - 12/24</b></p> <p align="center">* The floors of the upper GE studio are being refinished. During this time, please refer to the above schedule and locations of classes.</p>		
6:35-7:30 				

Posted 12/10/18

**BEVERLY ATHLETIC CLUB**

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