



Land Schedule March 2019

90 Swanson Road
Boxborough, MA 01719
978-635-0500
www.swymfit.com

Area	Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Area		
	Studio	Fitness Room	Studio	Fitness Room	Studio	Fitness Room	Studio	Fitness Room	Studio	Fitness Room	Studio	Fitness Room	Studio	Fitness Room			
5:30 AM	Opens @ 8:00 am		Opens @ 6:00 am		Opens @ 6:00 am		Opens @ 6:00 am		Opens @ 6:00 am		Opens @ 6:00 am		Opens @ 6:00 am		5:30 AM		
6:00 AM															6:00 AM		
6:30 AM																	6:30 AM
7:00 AM																	7:00 AM
7:30 AM															7:30 AM		
8:00 AM					Intro To Keiser 7:30 - 8:15am		Swymfit 300 7:30 - 8:15 am				Swymfit 300 7:30 - 8:15 am		Yoga 7:30 - 8:30am Kate Hamm		8:00 AM		
8:30 AM			Yoga 8:30 - 9:45am Erin LoPorto												8:30 AM		
9:00 AM							TRX 8:45 - 9:30am				TRX 8:45 - 9:30am				9:00 AM		
9:30 AM															9:30 AM		
10:00 AM							TRX 9:30 - 10:15 am				TRX 9:30 - 10:15 am				10:00 AM		
10:30 AM															10:30 AM		
11:00 AM			Pilates & Stretch 11:15 - 12:15pm Yvonne Benelli		Tai Chi 11:00 - 12:00pm Don Miller										11:00 AM		
11:30 AM															11:30 AM		
12:00 PM															12:00 PM		
12:30 PM															12:30 PM		
1:00 PM															1:00 PM		
1:30 PM															1:30 PM		
2:00 PM															2:00 PM		
2:30 PM															2:30 PM		
3:00 PM															3:00 PM		
3:30 PM															3:30 PM		
4:00 PM															4:00 PM		
4:30 PM															4:30 PM		
5:00 PM															5:00 PM		
5:30 PM															5:30 PM		
6:00 PM	Closed @ 5:00 pm						Yoga 6:00 - 7:00pm Kate Hamm						Closed @ 6:00 pm		6:00 PM		
6:30 PM															6:30 PM		
7:00 PM															7:00 PM		
7:30 PM															7:30 PM		
8:00 PM													8:00 PM				
8:30 PM													8:30 PM				
9:00 PM			Closed @ 9:00 pm		Closed @ 9:30 pm		Closed @ 9:00 pm		Closed @ 9:30 pm		Closed @ 9:00 pm				9:00 PM		
9:30 PM															9:30 PM		

****Please Pre-register for the TRX classes at the front desk.
Pre-registration is not required for the Yoga, Pilates, and Tai Chi**