











Group Training

Nov/Dec Schedule
11/1 - TBD

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|---|--|---|---|
| 7:00 - 8:00 Spin  Johannes | 7:00 - 8:15 Yoga (gentle) Ephen | | 7:00 - 8:15 Yoga (gentle) Ephen | 7:00 - 8:00 Spin  Johannes | | |
| 8:30 - 9:30 Step Dot | 8:30 - 9:30 Total Body Conditioning Dot | 8:30 - 9:45 Flow n' Glow Yoga (moderate/vigorous) Stefan | 8:30 - 9:30 Total Body Conditioning Dot | 8:30 - 9:30 Step Dot | 9:00 - 10:30 Yoga (moderate/vigorous) Ephen | |
| 9:30 - 10:45 Yoga Beth (gentle/moderate) | 9:30 - 10:30 Pilates Melissa | 10:00 - 11:00 TRX Circuit* (H.I.) Charles | 9:30 - 10:30 Pilates Marie | 9:30 - 10:30 Pilates Core Fusion Charles* | 10:00 - 11:30 Vicious Cycle (H.I.) Charles/Melissa  | 10:00 - 11:30 Yoga Beth (gentle/moderate) |
| 10:00 - 11:00 Spin  Melissa* | | 10:00 - 11:00 Spin  Johannes | | | | 10:00 - 11:00 Spin  Melissa/Charles |
| 5:30 - 6:30 Boot Camp (H.I.) Charles | 5:30 - 6:45 Yoga* (gentle) Ephen | 5:30 - 6:30 Pilates Marie | 5:30 - 6:45 Yoga* (moderate/vigorous) Ephen | 5:30 - 6:30 Pilates Melissa* | 12:00 - 1:00 Step FX (H.I.) Tom Sharp | |
| | 5:30 - 6:30 Spin*  Charles | | 5:30 - 6:30 Spin  Melissa | 4:30 - 5:25 All in One (H.I.) Charles | | |
| | | | | **New Time for Class | * New class or Instructor | H.I. (high intensity class) |

Hours of Operation

Monday-Friday

6am to 8pm

Sat. & Sun

7am to 8pm

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35 Bradford St,

Provincetown MA

508•487•0001

www.musselbeach.net