











Group Training

Jan/Winter Schedule
1/1/18 - TBD

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

Hours of Operation

Monday-Friday

6am to 8pm

Sat. & Sun

7am to 8pm

Like us on Facebook

35 Bradford St,
Provincetown MA
508•487•0001

www.musselbeach.net