



Group Training

April Schedule
4/1 - 4/30

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 - 9:25 20/20/20 * Total Body Workout Charles		8:30 - 9:45 Yoga (moderate) Kate / Beth			9:00 - 10:30 Yoga (moderate) Kate	8:30 - 9:30 Fit Mixer* starting on 4/21 Marie
9:30 - 10:45 Yoga (gentle/moderate) Kate / Beth	9:30 - 10:30 Pilates Melissa	10:00 - 11:00 TRX Circuit (H.I.) Charles	9:30 - 10:30 Pilates Charles / Marie**	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				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 - 6:45 Yoga (moderate/vigorous) Kate	
	5:30 - 6:30 Spin Charles			** Marie returns 4/19**	* New class or Instructor	H.I. (high intensity class)

Hours of Operation

April 1st - 21st Monday-Friday 6am to 8pm Sat. & Sun 7am to 8pm	Starting April 22nd 6am to 9pm DAILY
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35 Bradford St,
Provincetown MA
508•487•0001
www.musselbeach.net