

LINCOLN, RI

GROUP X CLASSES



VIEW CURRENT CLASS SCHEDULE BY **DOWNLOADING THE MAXX FITNESS APP**

The NEW Maxx Fitness Clubzz app provides class schedules, social media platforms, creation of goals and participation in club challenges. Our app will also allow you to link many of the popular fitness tracking devices and fitness apps on the market. Available Free on iOS App Store or Google Play Store for Android.



MONDAY	
5:30AM	CYCLE/SCULPT
9:00AM	PILATES
9:00AM	TEAM TRAINING*
10:00AM	CYCLING
10:00AM	TEAM TRAINING*
4:15PM	REZIST
5:00PM	CYCLING
6:00PM	ZUMBA
6:00PM	TEAM TRAINING*
7:00PM	CYCLE/SCULPT

TUESDAY	
5:30AM	CYCLING
9:00AM	BOOTCAMP
9:45AM	CYCLING
10:00AM	TEAM TRAINING*
4:30PM	CYCLING
5:30PM	SCULPT
6:00PM	TEAM TRAINING*
6:30PM	ZUMBA

WEDNESDAY	
5:30AM	CYCLING
9:00AM	PILATES
9:00AM	TEAM TRAINING*
10:00AM	BODY SCULPT
10:00AM	TEAM TRAINING*
4:45PM	TABATA
5:30PM	CYCLING
6:00PM	TEAM TRAINING*
6:30PM	LES MILLS BODY PUMP
7:30PM	YOGA

THURSDAY	
5:30AM	CYCLING
9:00AM	TEAM TRAINING*
9:00AM	CARDIO KICKBOXING
9:45AM	CYCLING
4:15PM	LES MILLS BODY PUMP
4:30PM	TEAM TRAINING*
5:00PM	CYCLING
6:00PM	TEAM TRAINING*
6:00PM	ZUMBA
7:00PM	CYCLE/SCULPT

FRIDAY	
5:30AM	CYCLING
8:00AM	ZUMBA
9:00AM	CYCLING
9:00AM	TEAM TRAINING*
10:00AM	SCULPT
10:00AM	TEAM TRAINING*
4:30PM	CYCLING
5:30PM	ZUMBA

SATURDAY	
7:00AM	PILATES
8:00AM	ZUMBA
9:00AM	TEAM TRAINING*
9:00AM	CYCLING
10:00AM	TEAM TRAINING*
10:00AM	REZIST
11:00AM	YOGA

SUNDAY	
7:00AM	ZUMBA
8:00AM	ZUMBA
9:00AM	CYCLING

RESERVE CLASSES ON OUR WEBSITE. GET CLASS PASS UPON CHECKING INTO THE CLUB. GIVE PASS TO INSTRUCTOR BEFORE CLASS BEGINS. ENJOY YOUR WORKOUT!

CLUB HOURS

MON - THU: 5:00AM - 10:00PM
FRI: 5:00AM - 9:00PM
SAT: 7:00AM - 5:00PM
SUN: 7:00AM - 5:00PM

KIDZZ CLUB HOURS

MON - SAT: 9:00AM - 12:00PM
MON - THU: 5:00PM - 8:00PM



***TEAM TRAINING** sessions are affordable and available to all members.



www.maxxfitnessclubzz.com