

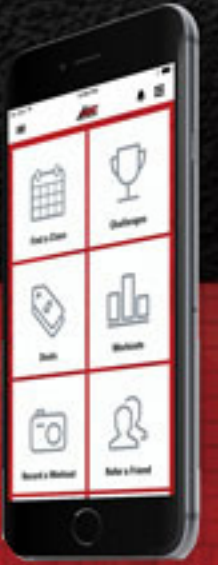
WARREN, RI

GROUPX 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	
9:00AM	CYCLING
9:30AM	TEAM TRAINING*
10:00AM	BOOT CAMP
5:00PM	CYCLING
5:00PM	CIRCUIT
6:00PM	BODY PUMP
5:30PM	TEAM TRAINING*

TUESDAY	
5:15AM	CYCLING
8:45AM	BODY PUMP
9:00AM	TEAM TRAINING*
9:30AM	CYCLING
10:30AM	SCULPT
4:15PM	YOGA SCULPT
5:00PM	CYCLING
5:30PM	BODY BAR
5:30PM	TEAM TRAINING*
6:30PM	YOGA

WEDNESDAY	
5:30AM	BODY PUMP
8:30AM	CYCLING
9:00AM	TEAM TRAINING*
9:30AM	BOOTCAMP
10:30AM	PILATES
4:15PM	BODY BAR
5:15PM	CYCLING
5:15PM	BODY PUMP
5:30PM	TEAM TRAINING*

THURSDAY	
5:15AM	CYCLING
9:00AM	CYCLING
10:00AM	BOOT CAMP
10:00AM	TEAM TRAINING*
5:00PM	CYCLING
5:15PM	BODY PUMP
5:30PM	TEAM TRAINING*

FRIDAY	
5:30AM	BODY PUMP
8:30AM	CYCLING
9:00AM	TEAM TRAINING*
9:30AM	CORE & MORE
4:30PM	BODY PUMP
5:30PM	CYCLING

SATURDAY	
9:15AM	CYCLING
10:00AM	TEAM TRAINING*
10:15AM	BODY BLAST

SUNDAY	
8:00AM	BODY PUMP
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