

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|---|--|--|---|
| 7:00 - 8:00 Spin Johannes 8:30 - 9:25 20/20/20 Total Body Workout Charles 10:00 - 11:15 Yoga Beth 10:00 - 11:00 Spin Melissa 5:30 - 6:30 Boot Camp (H.I.) Charles | 7:00 - 8:15 Yoga Kate 9:30 - 10:30 Total Core Charles 5:30 - 6:30 Pilates Melissa | 7:00 - 8:00 Spin Tatsiana* 8:30 - 9:45 Yoga Beth 10:00 - 11:00 TRX Circuit (H.I.) Charles | 7:00 - 8:15 Yoga Kate 9:30 - 10:30 Pilates Marie 5:30 - 6:30 Spin Tatsiana | 7:00 - 8:00 Spin Johannes 8:30 - 9:25 20/20/20* Total Body Workout Charles 9:30 - 10:30 Pilates Core Fusion Charles 4:30 - 5:25 All In One (H.I.) Charles | 9:00 - 10:30 Yoga Kate 10:00 - 11:30 Vicious Cycle (H.I.) Charles | 9:00 - 10:00 Fit Mixer (H.I.) Marie 10:00 - 11:00 Spin Melissa |
| | | | | | * New class or Instructor | H.I. (high intensity class) |

OFF SEASON HOURS

 Mon - Fri 6am - 8pm
 Sat - Sun 7am - 8pm

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