

JANUARY

WEEKLY CLASS SCHEDULE



	TIME	CLASS	STUDIO
MONDAY	8:00 AM - 9:00 AM	HIIT	1
TUESDAY	8:00 AM - 9:00 AM	Core Fusion	3
	6:30 PM- 7:30 PM	Feature: Building Blocks of Fitness	1
WEDNESDAY	8:00 AM - 9:00 AM	Bootcamp	1
THURSDAY	8:00 AM- 9:00 AM	Pilates w/ Props	3
	6:30 PM - 7:30 PM	Restore and Flow	1
FRIDAY	8:00 AM - 9:00 AM	Yoga Sculpt	1
SATURDAY			
SUNDAY			

Visit mtbflx.com or call 617.544.7719 for more information.

We are asking that everyone please pre-register for classes. Please use the link below.

[How to sign up for classes](#)

Class Descriptions for January

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Feel free to reach out with any questions or concerns

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