



Dartmouth Location Tentative Workout Schedule as of Dec. 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	6:00 AM	6:00 AM	6:00 AM	6:00 AM		
6:00 AM		6:00 AM		6:00 AM		
6:45 AM	6:45 AM	6:45 AM	6:45 AM	6:45 AM		
8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:00 AM	8:15 AM	8:00 AM
9:00 AM	9:00 AM	9:00 AM	9:00 AM	9:00 AM	9:15 AM	9:00 AM
9:00 AM	9:00 AM		9:00 AM	9:00 AM		
10:30 AM	10:30 AM	10:30 AM	10:30 AM	10:30 AM		10:00 AM
12:00 PM		12:00 PM		12:00 PM		
4:30 PM	4:30 PM	4:30 PM	4:30 PM	4:45PM		
5:30 PM	5:30 PM	5:30 PM	5:30 PM			
5:30 PM	5:30 PM			5:45 PM		
6:30 PM	6:20 PM	6:00 PM				

Boot Camp	Spin	Parent & Baby	Fitness Forever	Yoga
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