



Bedford Location Daily Workout Schedule as of Mar 21, 2022

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|---------|-----------|----------|----------|----------|
| 6:00 AM | 6:00 AM | 6:00 AM | 6:00 AM | 6:00 AM | |
| 6:45 AM | | 6:45 AM | | 6:45 AM | 8:15 AM |
| 9:00 AM | 9:00 AM | 9:00 AM | 9:00 AM | 9:00 AM | 9:00 AM |
| 9:45 AM | | 9:45 AM | | 9:45 AM | 9:45 AM |
| 12:00 PM | | 12:00 PM | | 12:00 PM | |
| 4:00 PM | | 4:00 PM | | 4:00 PM | |
| 4:45 PM | 4:30 PM | 4:45 PM | 4:30 PM | 4:45 PM | |
| 5:30 PM | 5:30 PM | 5:30 PM | 5:30 PM | 5:30 PM | |
| 7:45 PM | | 7:45 PM | | | |

Bedford clients can also attend any cardio/yoga classes at Strawberry Hill.

| | | |
|---------|----------|--------|
| Legend: | Bootcamp | Cardio |
|---------|----------|--------|