



Group Training Schedule

735 Attucks Lane, 508-778-5000

Hours of operation:

Monday-Thursday 5:30AM-8:00PM

Friday 5:30AM-6:00PM

Saturday 7:00AM-1:00PM

Sunday 8:00AM-12:00PM

Effective 7.23.18

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15 AM	Learn to Lift		Learn to Lift		Learn to Lift		
7:00 AM		BoxFit		BoxFit			
7:30 AM	Boot Camp		Boot Camp		TRX		
8:00 AM							
9:00 AM						<p>Our Afternoon & Evening Group Training Schedule will be released soon!</p> <p>What would you like to see offered? Let us know!</p>	
10:00 AM							
11:00 AM							
12:00 PM							

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www.barnstablefitness.com

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Reminder: No admittance for late arrivals.