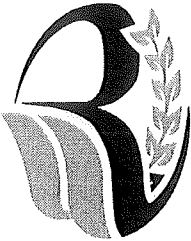


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY																												
		6:30-7:00am Yoga Tara Starts 9/8/21			 WESTFORD REGENCY inn & conference center																													
8:00-9:00am Yoga Sheila Begins 9/13		8:00-9:00am Yoga Tara-9/8		8:00-9:00am Yoga Bob Begins 9/10																														
9:30-10:30am Weight Lift Christa Begins 9/13	9:00-10:00m Step Combo Angela Begins 9/7	9:30-10:30am Zumba Sally Begins 9/8		9:30-10:30am MELT Specialty Class Sheila Begin date TBD	8:00-9:00m Bootcamp Andy Begins 9/11																													
	10:30-11:30am Above Barre Christa Begins 9/7				9:30am-10:30am Step Combo Anna Begins 9/11																													
					11-12pm Zumba Taunika Begins 9/11																													
				Hours of Operation Monday-Thursday 5:00am-9:30pm Friday 5:00am-8:00pm Saturday & Sunday 7:00am-6:00pm WRHC 219 Littleton Road, Westford, MA 01886																														
5:00-6:00pm Muscle Andy Begins 9/13	5:00-6:00pm Zumba Taunika Begins 9/7	5:00pm-6:00pm Step Combo Angela Begins 9/8	5:00pm-6:00pm TRX HIT Small Grp Training Kim Begin date TBD	WATER AEROBIC CLASSES																														
6:30-7:30pm Slow Flow Yoga Karen Begins 9/13	6:30-7:30pm Step Combo Anna Begins 9/7	6:30pm-7:30pm Zumba Cinthya Begins 9/8	6:30-7:30pm Yoga Bob Begins 9/9	<table border="1"> <thead> <tr> <th>MON.</th> <th>TUE.</th> <th>WED.</th> <th>THUR</th> <th>FRI.</th> <th>SAT.</th> <th>SUN.</th> </tr> </thead> <tbody> <tr> <td>9:00-10:00am Lorena</td> <td></td> <td>9:00-10:00am Lorena</td> <td></td> <td>9:00-10:00am Diane</td> <td>9:00-10:00am AquaZumba Vera</td> <td></td> </tr> <tr> <td>6:30-7:30pm AquaZumba Vera</td> <td></td> <td>6:30-7:30pm AquaZumba Taunika</td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>			MON.	TUE.	WED.	THUR	FRI.	SAT.	SUN.	9:00-10:00am Lorena		9:00-10:00am Lorena		9:00-10:00am Diane	9:00-10:00am AquaZumba Vera		6:30-7:30pm AquaZumba Vera		6:30-7:30pm AquaZumba Taunika											
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