











Fallon Group Class Schedule

(Effective: 03/06/2025)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CYCLE 5:00AM-5:50AM  Alyssa		CYCLE 5:00AM-5:50AM  Alyssa		CYCLE 5:00AM-5:50AM  Alyssa	
CYCLE 8:00am-8:50am  Jen		CYCLE 8:00am-8:50am  Jen			
HIIT 9:00am-9:50am Jen		 9:00am-9:50am Jen			
	CYCLE 4:30pm-5:20pm  Lisa		CYCLE 4:30pm-5:20pm  Lisa		
			PILATES 5:30pm-6:20pm Angel		

To get class cancellations and alerts via push notification, download the Fitness for 10 app!