

(STARTS JAN 1, 2019)  
**MIDDLEBURY WINTER 2019**  
 GROUP EXERCISE SCHEDULE

**MIDDLEBURY HOURS**  
 MONDAY - THURSDAY 5 AM - 10 PM  
 FRIDAY 5 AM - 9 PM  
 SATURDAY & SUNDAY 7 AM - 6 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SPIVI SPINN (C) 5:15 - 6:15 AM JOE		SPIVI SPINN (C) 5:15 - 6:15 AM JOE		SPIVI SPINN (C) 5:15 - 6:15 AM JOE	SPIVI SPINN (C) 8:00 - 9:00 AM NANCY M	SPIVI SPINN (C) 8:00 - 9:00 AM MARGARET
ZUMBA (C) 9:00 - 10:00 AM EMPERATRIZ	SPIVI SPINN (C) 9:00 - 10:00 AM MARGARET	BOOTY BOOTCAMP 8:30 - 9:30 AM LYDIA	SPIVI SPINN (C) 9:00 - 10:00 AM NANCY M	SPIVI SPINN (C) 8:30 - 9:30 AM MARGARET	TBS 9:00 - 10:00 AM NANCY M	ZUMBA (C) 9:30 - 10:30 AM AMY
TBS 10:00 - 11:00 AM NANCY M	HIIT (TB C) 9:00 - 10:00 AM ANA	ZUMBA (C) 9:30 - 10:30 AM ERIKA	HIIT (TB C) 9:00 - 10:00 AM ANA	BOOTY BOOTCAMP 8:30 - 9:30 AM LYDIA	ZUMBA (C) 10:00 - 11:00 AM EMPERATRIZ	STRONG 10:30 - 11:30 AM CONNIE
	GENTLE YOGA 10:00 - 11:00 AM NANCYLYNNE	GENTLE YOGA 10:30 - 11:30 AM KAYTEE	TBS 10:00 - 11:00 AM NANCY M	STRONG 9:30 - 10:30 AM ERIKA		
SPIVI SPINN (C) 4:30 - 5:30 PM VIRTUAL TRAINER				VINYASA YOGA (S, TB) 10:30 - 11:30 AM KATHY		
HIIT (TB C) 5:30 - 6:30 PM TYLER	ZUMBA (C) 5:30 - 6:30 PM ERIKA	HIIT (TB C) 5:30 - 6:30 PM TYLER	ZUMBA (C) 5:30 - 6:30 PM EMPERATRIZ			
SPIVI SPINN (C) 6:00 - 7:00 PM DANA	SPIVI SPINN (C) 5:30 - 6:30 PM MICHELLE	SPIVI SPINN (C) 6:00 - 7:00 PM DANA	SPIVI SPINN (C) 5:30 - 6:30 PM JOE			
STRONG 6:30 - 7:30 PM ERIKA	PIYO (TB,C,S) 6:30 - 7:30 PM ELIZABETH B	STRONG 6:30 - 7:30 PM ERIKA	BOOTY BOOTCAMP 6:30 - 7:30 PM LYDIA			
VINYASA YOGA (S, TB) 7:30 - 8:30 PM NANCYLYNNE		GENTLE YOGA 7:30 - 8:30 PM JANINE	STRONG 7:30 - 8:30 PM CONNIE			

(S) - STRETCHING  
 (C) - CARDIO  
 (TB) - TOTAL BODY  
 (LB) - LOWER BODY  
 (UB) - UPPER BODY  
 (ABS) - ABS

ALL CYCLE CLASSES  
 TAKE PLACE IN  
 SPINNING STUDIO

**SOME CLASSES FILL UP  
 CALL TO RESERVE YOUR SPOT!**  
 \*CLASS TIMES AND INSTRUCTORS MAY CHANGE\*

**CHILDCARE HOURS**  
 MONDAY - FRIDAY 8:00 AM - 12:30 PM  
 MONDAY - THURSDAY 4:30 PM - 8:30 PM  
 SATURDAY 4:30 PM - 8:30 PM

YOU CAN REACH US AT:  
 203-598-0833

