

(STARTS 9/23)
SOUTHBURY FALL 2018
 GROUP EXERCISE SCHEDULE

SOUTHBURY 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
SPIN (C) 5:15 - 6:15 AM BECKY	HIIT (TB C) 5:30 - 6:30 AM BECKY	SPIN (C) 5:15 - 6:15 AM KELLEY	HIIT (TB C) 5:30 - 6:30 AM BECKY	P90X LIVE 7:00 - 8:00 AM ANDREA		
TOTAL BODY SCULPT (TB) 7:00 - 8:00 AM ANDREA	PILATES FUSHION (TB) 8:00 - 9:00 AM ANDREA	TOTAL BODY SCULPT (TB) 7:00 - 8:00 AM ANDREA	YOGA 9:00 - 10:00 AM DANA S.	HIIT (TB C) 8:30 - 9:30 AM TYLER	SPIN (C) 7:30 - 8:30 AM JOE	CATALYST CYCLE (C) 8:30 - 9:30 AM LISA
P90X LIVE 9:00 - 10:00 AM ANDREA	STRONG 9:00 - 10:00 AM ERIKA	HIIT (TB C) 9:00 - 10:00 AM TYLER	PIYO (TB,S) 10:00 - 11:00 AM LISA	CATALYST CYCLE (C) 9:30 - 10:30 AM MICHELLE	VINYASA YOGA (S, TB) 9:00 - 10:30 AM JENNY (90 MIN)	ZUMBA (C) 9:45 - 10:45 AM LISA
PILATES FUSHION (TB) 10:00 - 11:00 AM ANDREA	YOGA 10:00 - 11:00 AM KATHY	PILATES FUSHION (TB) 10:00 - 11:00 AM ANDREA	SILVER & FIT 11:15 AM - 12:15 PM DEBORAH	BARRE (TB) 10:30 - 11:30 AM DEBORAH	ZUMBA (C) 10:30 - 11:30 AM AMANDA	
	SILVER & FIT 11:15 AM - 12:15 PM MARGARET					
VINYASA YOGA (S, TB) 5:00 - 6:00 PM LIZZY	PIYO (TB,S) 5:30 - 6:30 PM LISA	VINYASA YOGA (S, TB) 5:00 - 6:00 PM ELGIN	HIIT (TB C) 5:00 - 6:00 PM RILEY			
SPIN (C) 6:30 - 7:30 PM ALISON	P90X LIVE 6:30 - 7:30 PM LISA	ZUMBA (C) 6:00 - 7:00 PM LISA	TOTAL BODY SCULPT (TB) 6:00 - 7:00 PM MARGARET			
			SPIN (C) 7:00 - 8:00 PM JOE			

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

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

CHILDCARE HOURS
 MONDAY - FRIDAY 8:00 AM - 12:00 PM
 MONDAY - THURSDAY 5:00 PM - 8:00 PM

**YOU CAN REACH US AT:
 203-264-0001**

