

(STARTS JAN 1, 2019)
SOUTHBURY WINTER 2019
 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) 5:30 - 6:30 AM KELLY	HIIT (TB C) 5:30 - 6:30 AM MICHAEL	SPIN (C) 5:30 - 6:30 AM KELLY	HIIT (TB C) 5:30 - 6:30 AM MICHAEL	YOGA 5:30 - 6:30 AM KARA		
TOTAL BODY SCULPT (TB) 7:00 - 8:00 AM ANDREA	CATALYST CYCLE (C) 7:00 - 8:00 AM LISA	TOTAL BODY SCULPT (TB) 7:00 - 8:00 AM ANDREA	YOGA 9:00 - 10:00 AM DANA S.	P90X LIVE 7:00 - 8:00 AM ANDREA	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	PILATES FUSHION (TB) 8:00 - 9:00 AM ANDREA	HIIT (TB C) 9:00 - 10:00 AM TYLER	PIYO (TB,S) 10:00 - 11:00 AM LISA	HIIT (TB C) 8:30 - 9:30 AM TYLER	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	STRONG 9:00 - 10:00 AM ERIKA	PILATES FUSHION (TB) 10:00 - 11:00 AM ANDREA	SILVER & FIT 11:15 AM - 12:15 PM DEBORAH	CATALYST CYCLE (C) 9:30 - 10:30 AM MICHELLE	ZUMBA (C) 10:30 - 11:30 AM SHARON	
	YOGA 10:00 - 11:00 AM KATHY			BARRE (TB) 10:30 - 11:30 AM DEBORAH		
VINYASA YOGA (S, TB) 5:00 - 6:00 PM LIZZIE	SILVER & FIT 11:15 AM - 12:15 PM MARGARET	VINYASA YOGA (S, TB) 5:00 - 6:00 PM LIZZIE	HIIT (TB C) 5:00 - 6:00 PM MICHAEL			
SPIN (C) 6:30 - 7:30 PM LISA		ZUMBA (C) 6:00 - 7:00 PM LISA	TOTAL BODY SCULPT (TB) 6:00 - 7:00 PM MARGARET			
	PIYO (TB,S) 5:30 - 6:30 PM TINA					
	P90X LIVE 6:30 - 7:30 PM TINA					

(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

