


GROUP ACTIVITY SCHEDULE

FREE PROGRAMS: EFFECTIVE FEBRUARY 12, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:30AM TOUR DE SPIN ALAN (SPIN STUDIO)	6:00-6:45AM BARRE FUSION & CORE KATHRYN SANDBERG (STUDIO 1)	5:45-6:30AM BOOTCAMP LOUIS (STUDIO 2)	6:00-6:45AM BODY PUMP EXPRESS LYNN (STUDIO 2)	5:45-6:30AM TOUR DE SPIN ALAN (SPIN STUDIO)	8:00-9:00AM BODYPUMP DAWN (STUDIO 2)	9:00-10:00AM STEP IT UP LISA (STUDIO 2)
6:35-7:35AM YOGA SUNRISE FLOW KRISTI (STUDIO 1)	8:00-9:00AM BODYPUMP DAWN (STUDIO 2)	8:00-8:45AM CORE & SCULPT ELENA (STUDIO 2)	8:00-9:00AM BODYPUMP JUSTYNA (STUDIO 2)	8:00-8:45AM CORE & SCULPT ELENA (STUDIO 2)	9:00-10:00AM YOGA ERIKA (STUDIO 1)	9:00-10:00AM SPIN STACEY (SPIN STUDIO)
8:00-8:45AM BARRE FUSION KATHRYN SANDBERG +*(STUDIO 1)	9:00-10:00AM SPIN JOURNEY SUE (SPIN STUDIO)	9:00-10:00AM BODY PUMP DAWN (STUDIO 2) (STUDIO 2)	9:00-10:00AM SPIN JOURNEY SUE (SPIN STUDIO)	9:00-10:00AM SPIN JUSTYNA (SPIN STUDIO)	9:00-10:00AM SPIN MELISSA (SPIN STUDIO)	9:00-9:45 BARRE FUSION KATHRYN (STUDIO 1) TRIAL CLASS
9:00-10:00AM SPIN & SCULPT SUE (SPIN STUDIO)	9:00-10:00AM STRONG BY ZUMBA JUSTYNA (STUDIO 2)	9:00-10:00AM YOGA VINYASA FLOW SANDY (studio 1) (STUDIO 1)	10:00-11:00AM PILATES CORE & STRETCH KATHRYN SMITH (STUDIO 1)	9:00-10:00AM YOGA POWER FLOW SANDY (STUDIO 1)	9:00-10:00AM TOTAL BODY BLAST LISA LEE (STUDIO 2) (STUDIO 2)	10:00-11:00AM SUNDAY MORNING YOGA FLOW ERIKA (STUDIO 1)
9:00-10:00AM YOGA STRETCH & STRENGTH SANDY	11:00AM-12:00PM AQUA AEROBICS JEANNE (POOL)	10:00-11:00AM TOUR DE SPIN ALAN (SPIN STUDIO)	11:00AM -12:00PM AQUA AEROBICS JEANNE (POOL)	9:00-10:00AM BOXING CUT & CHISEL SUE (STUDIO 2)	<p>REVISED 3/8/2018</p> <p>We reserve the right to modify or cancel classes with consistently low attendance.</p> <p>MODIFICATIONS ALWAYS OFFERED IN ALL CLASSES</p> <p>BECAUSE YOU ARE WORTH IT!</p>  <p>Hours of Operation</p> <p>Mon - Fri 5:00AM -10:00PM</p> <p>Sat & Sun 7:00AM-6:00PM</p> <p>FIT KIDS CHILDWATCH</p> <p>Mon - Fri 8:00AM-12:30PM 5:00PM-7:30PM</p> <p>Sat 8:00AM-12:00PM Sunday 8:30-11:00AM</p> <p>130 Grove St * New Milford, CT * 06776</p> <p>PHONE NUMBER 860-799-6880</p>	
9:00-10:00AM BOOTCAMP LOUIS (STUDIO 2) TRIAL CLASS		10:15-11:00AM BARRE FUSION KATHRYN (STUDIO 1)		10:15-11:00AM HIP HOP DANCE VALENTINE (STUDIO 1)		
10:30-11:30AM LOW IMPACT AEROBICS KATHRYN (STUDIO 2)		10:30-11:30AM ZUMBA GOLD VIRGINIA (STUDIO 2)		10:30-11:30AM LOW IMPACT AEROBICS KATHRYN /VIRGINIA (STUDIO 2)		
5:30-6:45PM ASHANTANGA YOGA & MEDITATION ELORA (STUDIO 1)	5:15-6:00PM BARRE FUSION CORE KATHRYN SANDBERG (STUDIO 1)	5:30-6:30PM BODYPUMP JUSTYNA (STUDIO 2)	5:15-6:00PM BARRE KATHRYN SANDBERG (STUDIO 1)	5:30-6:30PM RELEASE THE WEEK YIN YOGA ERIKA (STUDIO 1)		
6:00-7:00PM BODYPUMP JUSTYNA (STUDIO 2)	6:00-7:00PM BOXING STRIKE/BOOTCAMP LISA LEE (STUDIO 2)		6:00-7:00PM SPIN STACEY (SPIN STUDIO)	6:00-7:00PM BODY PUMP JUSTYNA (STUDIO 2)		
6:00-7:00PM LISA LEE SPIN&SCULPT (SPIN STUDIO)	6:00-7:00PM SPIN JUSTYNA (SPIN STUDIO)	5:30-6:30PM RESTORATIVE YOGA & MEDITATION ELORA (STUDIO 1)	6:00-7:00PM STRONG BY ZUMBA JUSTYNA (STUDIO 2)			
		6:00-7:00PM AQUA AEROBICS CHRISTINA (POOL)				
		6:30-7:30PM ZUMBA BRENDA (STUDIO 2)				