



CLASS SCHEDULE

All Classes 45 minutes unless otherwise noted
 Schedule subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM Brian	6:00 AM Emily	5:45 AM Brian (Full Hour)	6:00 AM Tonya	8:15 AM Nada	7:00 AM Brian	8:15 AM Sophie
9:15 AM Kerry	9:15 AM Joe	9:15 AM Nada (Full Hour)	9:15 AM Nada TABATA RIDE	9:15 AM Nada 5,4,3,2,1GO!	8:15 AM Aimee	9:15 AM Brigid
6:30 PM Brigid	6:00 PM Kristina ROCK'N RIDE (Full Hour)	6:00 PM Kerrilee	6:30 PM Aimee Spin for 45 (+15 minutes Off Bike Upper Body Work option)		9:15 AM Brian	

RESERVATIONS MAY BE MADE at 5:00am online, 7:30am walk-ins or by calling 203.775.4444 x 9 the day before a scheduled class.

AVAILABLE 5 MINUTES PRIOR TO CLASS START.