



# CLASS SCHEDULE

All Classes 45 minutes unless otherwise noted

\*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		7:00 AM Brian	8:15 AM Sophie
9:15 AM Kerry	9:15 AM Joe	9:15 AM Nada <b>SPINPower</b>	9:15 AM Nada (Full Hour)	9:00 AM Nada <b>SPINPower</b>	8:15 AM Aimee	9:15 AM Brigid
6:30 PM Brigid	6:00 PM Kristina <b>ROCK'N RIDE</b> (Full Hour)	4:45 PM Kerrilee	6:30 PM Aimee Spin for 45 (+15 minutes Off Bike Upper Body Work option)		9:15 AM Laura	

**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.**