



# CLASS SCHEDULE

2020

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 Ramsay	5:45 AM Brian (Full Hour)	6:00 AM Ramsay	9:00 AM Nada <b>SPINPower</b>	7:00 AM Brian	8:15 AM Sophie
9:15 AM Kerry	9:15 AM Kerrilee	9:15 AM Nada <b>SPINPower</b>	9:15 AM Nada (Full Hour)	10:00 AM Inner Core (Small Group Training Program)	8:15 AM Aimee	9:15 AM Brigid
6:30 PM Brigid	6:00 PM Kristina <b>ROCK'N RIDE</b> (Full Hour)		6:30 PM Aimee <b>Spin for 45</b> (+15 minutes Off Bike Upper Body Work option)		9:15 AM Kerrilee	

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.

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