

**MIDDLEBURY HOURS**

MON - THU 5 AM - 10 PM  
 FRI 5 AM - 9 PM  
 SAT & SUN 7 AM - 6 PM

24HR FACILITY ACCESS

# MIDDLEBURY

## GROUP EXERCISE SCHEDULE

CLASS TIMES AND INSTRUCTORS MAY CHANGE

| MONDAY                    | TUESDAY                   | WEDNESDAY                 | THURSDAY                  | FRIDAY                    | SATURDAY                  | SUNDAY                    |
|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|---------------------------|
|                           |                           | CATALYST CYCLE<br>5:00 AM |                           | CATALYST CYCLE<br>5:00 AM | CATALYST CYCLE<br>8:00 AM | CATALYST CYCLE<br>8:00 AM |
| CATALYST CYCLE<br>9:00 AM | CATALYST CYCLE<br>9:00 AM | ZUMBA<br>9:00 AM          | CATALYST CYCLE<br>9:00 AM | STRONG<br>9:00 AM         | TOTAL BODY<br>9:00 AM     | STRONG<br>9:00 AM         |
| TOTAL BODY<br>10:00 AM    | YOGA<br>10:00 AM          | YOGA<br>10:00 AM          | TOTAL BODY<br>10:00 AM    | YOGA<br>10:00 AM          | ZUMBA<br>10:00 AM         |                           |
| CTT TRIAL<br>5:00 PM      | CATALYST CYCLE<br>5:00 PM | CTT TRIAL<br>5:00 PM      | CATALYST CYCLE<br>5:00 PM |                           |                           |                           |
| STRONG<br>6:00 PM         | ZUMBA<br>6:00 PM          | STRONG<br>6:00 PM         | ZUMBA<br>6:00 PM          |                           |                           |                           |
| YOGA<br>7:30 PM           |                           | YOGA<br>7:00 PM           |                           |                           |                           |                           |

ALL CLASSES ARE **50 MINUTES** LONG & SOME CLASSES FILL UP.  
 CALL TO RESERVE YOUR SPOT!

YOU CAN REACH US AT:

203-598-0833

