

**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 5:00 AM		CATALYST CYCLE 5:00 AM	CATALYST CYCLE 8:00 AM	CATALYST CYCLE 8:00 AM
CATALYST CYCLE 9:00 AM	STRONG 9:00 AM	ZUMBA 9:00 AM	CATALYST CYCLE 9:00 AM	STRONG 9:00 AM	TOTAL BODY 9:00 AM	STRONG 9:00 AM
TOTAL BODY 10:00 AM	YOGA 10:00 AM	YOGA 10:00 AM	TOTAL BODY 10:00 AM	YOGA 10:00 AM	ZUMBA 10:00 AM	
TOTAL BODY 5:30 PM	CATALYST CYCLE 5:00 PM	TOTAL BODY 5:30 PM	CATALYST CYCLE 5:00 PM			
STRONG 6:30 PM	ZUMBA 6:00 PM	STRONG 6:30 PM	ZUMBA 6:00 PM			
YOGA 7:30 PM		YOGA 7:30 PM				

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

YOU CAN REACH US AT:

203-598-0833

