

**SOUTHBURY HOURS**

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

# SOUTHBURY

## GROUP EXERCISE SCHEDULE

CLASS TIMES AND INSTRUCTORS MAY CHANGE

| MONDAY                    | TUESDAY                   | WEDNESDAY                 | THURSDAY                  | FRIDAY                | SATURDAY                  | SUNDAY                    |
|---------------------------|---------------------------|---------------------------|---------------------------|-----------------------|---------------------------|---------------------------|
| TOTAL BODY<br>7:00 AM     |                           | CATALYST CYCLE<br>7:00 AM |                           | TOTAL BODY<br>7:00 AM | CATALYST CYCLE<br>8:00 AM | CATALYST CYCLE<br>8:30 AM |
| STRONG<br>9:00 AM         | CATALYST CYCLE<br>9:00 AM | TOTAL BODY<br>9:00 AM     | CATALYST CYCLE<br>9:00 AM | TOTAL BODY<br>9:00 AM | YOGA<br>9:00 AM           | ZUMBA<br>9:30 AM          |
| FLOORWORK<br>10:00 AM     | YOGA<br>10:00 AM          | FLOORWORK<br>10:00 AM     | PIYO<br>10:00 AM          | BARRE<br>10:00 AM     |                           |                           |
|                           | SILVER & FIT<br>11:10 AM  |                           | SILVER & FIT<br>11:10 AM  |                       |                           |                           |
| YOGA<br>5:00 PM           | PIYO<br>5:30 PM           | YOGA<br>5:00 PM           | TOTAL BODY<br>5:30 PM     |                       |                           |                           |
| CATALYST CYCLE<br>6:30 PM | TOTAL BODY<br>6:30 PM     | ZUMBA<br>6:00 PM          |                           |                       |                           |                           |

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

YOU CAN REACH US AT:

203-264-0001

