

(STARTS JAN 1, 2019)
MIDDLEBURY WINTER 2019
 GROUP EXERCISE SCHEDULE

MIDDLEBURY HOURS
 MONDAY - THURSDAY 5 AM - 10 PM
 FRIDAY 5 AM - 9 PM
 SATURDAY & SUNDAY 7 AM - 6 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
SPIVI SPINN (C) 5:15 - 6:15 AM JOE		SPIVI SPINN (C) 5:15 - 6:15 AM JOE		SPIVI SPINN (C) 5:00 - 6:00 AM JOE	SPIVI SPINN (C) 8:00 - 9:00 AM NANCY M	SPIVI SPINN (C) 8:00 - 9:00 AM MARGARET
ZUMBA (C) 9:00 - 10:00 AM EMPERATRIZ	SPIVI SPINN (C) 9:00 - 10:00 AM MARGARET	FULL BODY BURN 8:30 - 9:30 AM LYDIA	SPIVI SPINN (C) 9:00 - 10:00 AM NANCY M	SPIVI SPINN (C) 8:30 - 9:30 AM MARGARET	TBS 9:00 - 10:00 AM NANCY M	ZUMBA (C) 9:30 - 10:30 AM AMY
TBS 10:00 - 11:00 AM NANCY M	HIIT (TB C) 9:00 - 10:00 AM ANA	ZUMBA (C) 9:30 - 10:30 AM ERIKA	HIIT (TB C) 9:00 - 10:00 AM ANA	STRONG 9:30 - 10:30 AM ERIKA	ZUMBA (C) 10:00 - 11:00 AM EMPERATRIZ	STRONG 10:30 - 11:30 AM CONNIE
	GENTLE YOGA 10:00 - 11:00 AM NANCYLYNNE	GENTLE YOGA 10:30 - 11:30 AM DANA S	TBS 10:00 - 11:00 AM NANCY M	VINYASA YOGA (S, TB) 10:30 - 11:30 AM KATHY		
SPIVI SPINN (C) 4:30 - 5:30 PM VIRTUAL TRAINER						
HIIT (TB C) 5:30 - 6:30 PM TYLER	ZUMBA (C) 5:30 - 6:30 PM ERIKA	HIIT (TB C) 5:30 - 6:30 PM TYLER	ZUMBA (C) 5:30 - 6:30 PM EMPERATRIZ			
SPIVI SPINN (C) 6:00 - 7:00 PM DANA	SPIVI SPINN (C) 5:30 - 6:30 PM MICHELLE	SPIVI SPINN (C) 6:00 - 7:00 PM JOE	SPIVI SPINN (C) 5:30 - 6:30 PM ALLISON			
STRONG 6:30 - 7:30 PM ERIKA	FULL BODY BURN 6:30 - 7:30 PM LYDIA	STRONG 6:30 - 7:30 PM CONNIE	TBS 6:30 - 7:30 PM DANA			
VINYASA YOGA (S, TB) 7:30 - 8:30 PM NANCYLYNNE		GENTLE YOGA 7:30 - 8:30 PM JANINE				

(S) - STRETCHING
 (C) - CARDIO
 (TB) - TOTAL BODY
 (LB) - LOWER BODY
 (UB) - UPPER BODY
 (ABS) - ABS

ALL CYCLE CLASSES
 TAKE PLACE IN
 SPINNING STUDIO

**SOME CLASSES FILL UP
 CALL TO RESERVE YOUR SPOT!**
 CLASS TIMES AND INSTRUCTORS MAY CHANGE

CHILDCARE HOURS
 MONDAY - FRIDAY 8:00 AM - 12:30 PM
 MONDAY - THURSDAY 4:30 PM - 8:30 PM
 SATURDAY 4:30 PM - 8:30 PM

YOU CAN REACH US AT:
 203-598-0833

