

Fall Fitness SCHEDULE

Starts Saturday, September 19th



MON	TUE	WED	THU	FRI	SAT	SUN
5:45-6:30am Yoga Sculpt Crystal	5:30-6:15am Spinning Jenna	5:30-6:15am Spinning Michelle	5:30-6:00am Bootcamp Jenna	5:45-6:30am Strength Cass	7-7:45am Spinning Michelle	POP UPS!
5:45-6:30am Strength Jenna	5:30am-6:15am Strength Michelle	5:45-6:30am Strength Chelsea	6:05-6:35am Bootcamp Jenna	5:45-6:30am Open Gym Downstairs Members Only	8-8:45am Barbell Sculpt Nikki	Workshops
9-9:45am Strength Chelsea	9-9:45am Pilare Sculpt Chelsea	9-9:45am Strength Chelsea		9-9:45am Strength Jenna	9-10am Pilare Sculpt Chelsea	Special Events
4:15-5pm Barbell Sculpt Nikki	6-6:45pm Heated Pilare Sculpt Chelsea	4:15PM & 6PM Strength Cass	6-6:45pm Power Yoga All Levels Crystal			

For more info, please visit our website:

www.abetterselfct.com

or call 860.716.8816.

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