

Online Classes				In-Person Classes, with Social Distancing		
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AFTERNOON 11:15 AM – 4:30 PM		11:30 AM GBT with Cathryn in Group X Studio		11:30 AM Interval Training with Laura in Fieldhouse, CT 1	11:30 AM Barre with Jess in Group X Studio	
			12:30 PM Zoomba with Laura on Zoom			
						1:00 PM Spinning with Jodiana in Group X Studio
		4:00 PM Indoor Cycling with Cynthia in Group X Studio				
EVENING 5 PM	5:30 PM Spinning with Jodiana in Group X Studio		5:30 PM Spinning with Jodiana in Group X Studio	5:00 PM Indoor Cycling with Cynthia in Group X Studio	5:30 PM Spinning with Jodiana in Group X Studio	