

# Odyssey Group Fitness Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:45 am Strength and Tone <i>Laura</i>	5:45-6:45 am Tabata <i>Anne</i>		5:45-6:45am Fitness Fusion <i>Anne</i>	5:45-6:45 am Interval Training <i>Laura</i>		
			8-9:00am Pilates <i>Robyn</i>		8-9am HIIT <i>Anne</i>	8:30-9:30am All in One <i>Chris</i>
8:30-9:30am Monday Start Up <i>Sharon</i>	9:30-10:30am Silver Balance and Strength- <i>Janice</i>	8:30-9:30am Strength <i>Bettina</i>	9:15-10:15am Zumba <i>Robyn</i>		9:15-10:15am Boot Camp <i>Anne</i>	9:45-10:45am Yoga <i>Melanie</i>
	11:00-12:00am Zumba Gold <i>Joan</i>				<b>Odyssey Group Fitness</b> <b>Your body, Your Journey</b> <b>860-480-0724</b> <b>59 Field Street, Torrington</b>	
<b>Fitness Buffet</b> <b>You choose your time</b>		<b>Fitness Buffet</b> <b>You choose your tiime</b>		4:15-4:45 Get in-Get it Done <i>Anne</i>		
4:30-5:00pm Split Decision <i>Anne-Cycle</i>	5:00-6:00pm Kickboxing <i>Kerry</i>	4:30-5:00pm Split Decision <i>Anne-Cycle</i>	4:30-5:30pm Boot Camp <i>Anne</i>	5-6:00pm Zumba <i>Chris</i>		
5:00-5:30pm Sculpt <i>Chris</i>	6:15-7:15pm Fight Club <i>Scott-\$5.00</i>	5:00-5:30 Sculpt <i>Anne</i>	5:35-6:35pm Zumba <i>Chris</i>			
5:35-6:00pm Zumba <i>Chris</i>		5:35-6:05 Cardio Crisis <i>Chris</i>				
6:05-6:35pm Sculp <i>Anne</i>		6:05-6:35 Core <i>Chris</i>				

**Kickboxing:** a cardio workout of jabs, hooks, kicks and uppercuts

**All In One:** aerobics, STEP, toning, and stretch

**Boot Camp:** cardio, and strength going from station to station

**Cardio Crisis:** fast paced aerobic and body sculpting

**Split Decision:** half hour cycling, half hour strength