

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 Fitness Fusion <i>Anne</i>	5:45-6:45am Cardio/Strength <i>Laura</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>			9:15-10:15am Zumba <i>Robyn</i>	9:15-9:45am Split Decision <i>Jessica</i>	9:15-10:15am Boot Camp <i>Anne</i>	9:45-10:45am Yoga <i>Melanie</i>
10:30-11:30am Silver Balance and Strength- <i>Janice</i>	11:00-12:00am Zumba Gold <i>Joan</i>	10:30-11:30am Silver Balance and Strength- <i>Janice</i>		*will switch to 8:30 when school is out	Odyssey Group Fitness Your body, Your Journey 860-480-0724 59 Field Street, Torrington	
					<p>Kickboxing: a cardio workout of jabs, hooks, kicks and uppercuts</p> <p>Below the Belt: Hip, thighs and glutes</p> <p>All In One: aerobics, STEP, toning, and stretch</p> <p>Boot Camp: cardio, and strength going from station to station</p> <p>Cardio, Sculpt and Core: fast paced aerobic and body sculpting</p> <p>Split Decision: half hour cycling, half hour strength</p> <p>Lift It: focus on your form while you tone and sculpt</p>	
4:30-5:30pm Split Decision <i>Anne/Chris</i>	5:00-6:00pm Kickboxing <i>Kerry</i>	4:30-5:30pm Split Decision <i>Anne</i>	4:30-5:30pm Boot Camp <i>Anne</i>	5-6:00pm Zumba <i>Chris</i>		
5:35-6:35pm Below the Belt <i>Chris</i>		5:35-6:35pm All n One <i>Chris</i>	5:35-6:35pm Zumba <i>Chris</i>			