

Energy Biking Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30-6:15am Early Morning Kickstart <i>Jessica</i>	5:00-5:45am Early Morning Kickstart <i>Laura</i>	5:30-6:15am Early Morning Kickstart <i>Jessica</i>	5:00-5:45am Early Morning Kickstart <i>Laura</i>		
					7:00-8:15pm Tribike Fusion <i>Al</i>	
	9:30-10:15 Group Cycling <i>Jessica</i>			9:30-10:15 Group Cycling <i>Jessica</i>		8:00-9:00am Group cycling <i>Al or Anne</i>
					Odyssey Group Fitness Your Body, Your Journey odysseyfitnessct.com 59 Field Street Torrington, Ct 06057 860-480-0724	
5:30-6:30pm Group Cycling <i>Kerry</i>	4:40-5:25pm Group Cycling <i>Al</i>	5:30-6:30pm Group Cycling <i>Kerry</i>	4:40-5:25pm Group Cycling <i>Al</i>			