

# Odyssey Group Fitness

59 Field Street Torrington, CT 860-480-0724

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<u>5:45-6:45am</u> Cardio/Core Anne	<u>5:30-6:15am</u> Cycle Jessica	<u>5:45-6:45am</u> Stability Ball Anne	<u>5:30-6:15am</u> Cycle AI	<u>5:45-6:45am</u> Step Intervals Anne	
	<u>8:30-9:30am</u> Cardio/Core Anne	<u>5:45-6:45am</u> Tabata Anne	<u>7:45-8:45am</u> Zoom class Strong Bettina ID 84866703607 PW:8:30	<u>5:45-6:45am</u> Boot Camp Anne	<u>8:30-9:30am</u> Tabata Anne	<u>7-7:45am</u> Cycle AI
<u>8:30-9:30am</u> Step Intervals Chris		<u>11-12am</u> Zumba Gold Joan		<u>8-9am</u> Pilates Robyn		<u>8:00-9:00am</u> All in One Anne
	<u>4:30-5:15</u> Cycle Anne	<u>4:30-5:15</u> Cycle AI	<u>4:30-5:15</u> Cycle AI	<u>4:30-5:15</u> Cycle -AI also Boot Camp- Anne		<u>9:15-10:15am</u> Boot Camp Anne
	<u>5:30-6:30</u> Zumba/Sculpt Chris also <u>5:40</u> Cycle-Kerry	<u>5:00-6</u> Kickboxing Kerry	<u>5:30-6:30</u> Step/Intervals Chris	<u>5:30-6:30</u> Zumba Chris		

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		<b>4:30-5:15</b> <b>Cycle</b> <i>AI</i>	<b>4:30-5:15</b> <b>Cycle</b> <i>AI</i>	<b>4:30-5:15</b> <b>Cycle</b> <i>AI</i>	<b>4:30-5:15</b> <b>Cycle</b> <i>AI</i>	<u><b>9:15-10:15am</b></u> <b>Boot Camp</b> <i>Anne</i>

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