

Energy Biking Studio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30-6:15am Early Morning Kickstart <i>Daryl</i>	5:00-5:45am Early Morning Kickstart <i>Barry</i>	5:30-6:15am Early Morning Kickstart <i>Daryl</i>	5:00-5:45am Early Morning Kickstart <i>Barry</i>		
					7-8:00am Tri Bike Fusion <i>Al</i>	
	9:45-10:30am Group Cycling <i>Jessica</i> <i>*will switch to 8:30 when school is out</i>			9:45-10:30am Group Cycling <i>Jessica</i> <i>*will switch to 9-9:45 when school is out</i>		
					Odyssey Group Fitness Your Body, Your Journey odysseyfitnessct.com 59 Field Street Torrington, Ct 06057 860-480-0724	
5:30-6:30pm GroupCycling <i>Kerry</i>	4:45-5:45pm Attack Mode <i>Al</i>		4:45-5:30pm Group Cycling <i>Al</i>			