

# Group X Schedule

October 2021



## Monday

Time	Class	Location	Instructor
5:45am - 6:30am	Tabata	Track	Eric
8:00am - 9:00am	Yoga	Megan	R1
9:00am - 9:55am	Spinning	Spin	Michaela
10:00am - 11:00am	Prime Time	R2	Chris
10:00am - 10:50am	Bootcamp	Track	Eric
6:00pm - 6:45pm	Tabata	?	JC

## Tuesday

Time	Class	Location	Instructor
8:00am - 9:00am	TRX	R1	Chris
9:00am - 9:50am	Dance Party	R2	Mary Lou
10:00am-11:00am	Mat Pilates	R1	Heather
4:45pm-5:30pm	Power Pump	R2	Bob
5:45pm-6:45pm	Spinning	Spin	Bob

## Wednesday

Time	Class	Location	Instructor
8:00am-9:00am	Strike Boxing	R1 (\$)	Kathy H.
9:15am - 10:00am	Pump Fit	R2	Kathy H.
10:00am - 11:00am	Yoga (starts 10/27)	R1	Megan
10:15am - 11:15am	All-in-One	R2	Mary Lou
5:30pm - 6:30pm	HiiT Hybrid	R1	Megan
5:45pm - 6:30pm	Spinning	Spin	Jim

## Thursday

Time	Class	Location	Instructor
5:45am - 6:30am	Bootcamp		Shelley
8:00am-8:50am	Power Pump	R2	Bob
8:30am-1:00pm	Weight Watchers	R1	(\$)
9:00am-10:00am	Spin	Spin	Bob
9:00am - 9:50am	Dance Party	R2	Mary Lou
6:00pm-7:00pm	PiYo	R1	Maggie

## Friday

Time	Class	Location	Instructor
8:00am - 9:00am	Yoga	R1	Megan
9:00am-10:00am	Mat Pilates	R2	Francesca
5:15pm-6:15pm	Happy Hour Yoga	R1	Kathy
5:45pm - 6:30pm	Spinning	Spin	Jim

## Saturday

Time	Class	Location	Instructor
9:00am-9:50am	Spinning	Spin	Michaela

## Sunday

Time	Class	Location	Instructor
9:00am - 10:00am	Strength & Mobility Yoga	R1	Emily
9:00am-9:45am	Power Pump	R2	Bob
10:am-10:45am	Sunday Cycle	Spin	Bob

### Kid Care Hours

Monday through Sunday 9am-12pm by appointment.

### Phys-Ed Hours

Monday - Friday 5:00am - 8:00pm  
Saturday & Sunday 7:00am - 4:00pm

Phys-Ed Health & Performance

10 Still River Drive  
New Milford, CT 06776  
(860) 355-4354  
[www.phys-ednm.com](http://www.phys-ednm.com)

*\*This schedule changes frequently based on instructor availability, class participation and weather conditions. Please refer to the notice board next to the Front Desk for current changes.*

*\*Please refrain from using your cell phone while class.*

*\* (\$) This is a paid program. See Front Desk for more info.*