

Group

Exercise



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM Pedal & Pulse <i>Karen</i>	6:00 AM Atomic Core <i>Adriana</i>	5:45 AM Spinning <i>Leslie</i>	6:00 AM Kettlebells <i>Adriana</i>	5:45 AM Spinning <i>Adriana</i>	6:30 AM <i>Adriana</i> Cardioga	
8:30AM Raise The Bar <i>Jen S</i>	8:30 AM Moves & Muscles <i>Jen H</i>	8:30 AM Cardio Chisel <i>Erin</i>	8:30 AM Moves & Muscles <i>Jen H</i>	8:30 AM Raise the Bar <i>Erin</i>	8:00 AM <i>Karen</i> Barre Fitness	8:00 AM
10:00 AM Barre Above <i>Erin</i>	9:00 AM Spinning <i>Sue G</i>	9:00 AM Spin 101 <i>Sue G</i>	9:00 AM Spinning <i>Sue G</i>	9:30 AM Cardio Drums <i>Mary Ann</i>	9:00 AM <i>Lara</i> Tighten *N* Tone	9:00 AM Yoga <i>Lara</i>
11:30 AM Senior Fitness <i>Gina</i>	10:30 AM Core & Balance <i>Sue G</i>	10:00 AM Stretch & Strength <i>Adriana</i>	10:30 AM Core & Balance <i>Sue G</i>	11:00 AM Senior Fitness <i>Gina</i>	9:30 AM Spinning <i>Tammy</i>	9:00 AM Spinning <i>Denise</i>
	11:45 AM Core & Balance <i>Sue G</i>	11:30 AM Senior Fitness <i>Sue G</i>	11:45 AM Core & Balance <i>Sue G</i>		10:00 AM Zumba <i>Christine</i>	Tighten *N* Tone <i>Lara</i>
4:30 PM Raise The Bar <i>Claudia</i>	4:15 PM Mat Pilates <i>Mayara</i>	4:30 PM Raise The Bar <i>Claudia</i>	4:15 PM Mat Pilates <i>Mayara</i>		11:00 AM Mat Pilates <i>Lauren</i>	
5:30 PM Spinning <i>Tammy</i>	5:30 PM Muscle Max <i>Leslie</i>	5:30 PM Spinning <i>Tammy</i>	5:00 PM Total Body Circuit <i>Tammy</i>	<p><i>Have a Happy and Safe Memorial Day Open 8am - 5pm All Group Fitness Classes Cancelled</i></p>		
5:30 PM Fusion <i>Sue G</i>	5:30 PM Spinning <i>Denise</i>	5:30 PM <i>Lara</i> Tight n Tone	5:30 PM Spinning <i>Denise</i>			
	6:30 PM <i>Lara</i> Yoga					

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