



CLASS SCHEDULE

2025

All Classes 45 minutes unless otherwise noted

subject to change without notice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM Brian		5:45 AM Brian			8:00 AM Brian	8:00 AM George
		9:00 AM Nada		9:00 AM Nada	9:15am Kathy	9:00am Crystal
6:15 PM George	6:00 PM Crystal	6:30 PM Alison	6:15 PM Kathy			

RESERVATIONS MAY BE MADE at 5:00am online, 7:30am walk ins or by calling 203.775.4444 x 9 the day before a scheduled class.

AVAILABLE 5 MINUTES PRIOR TO CLASS START.

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