

Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Take Note of the different Times	08:45:00 AM Cardio Boot Camp Dana	08:45:00 AM Pump Lia	08:45:00 AM Strong Lia	08:45:00 AM Pump Laurie	08:45:00 AM HIIT30 Lia	08:15:00 AM Pump Dana
Take Note of the different Times	09:45:00 AM Core30 Dana					09:30:00 AM Ride30
Take Note of the different Times	10:30:00 AM Active For Life Dana	12:15:00 PM Ride30 Caroline	10:30:00 AM Active For Life Dana	12:15:00 PM Ride30 Lia	11:00:00 AM Yoga Amy	
		04:00:00 PM Stretch & Sculpt Juliet				
	05:30:00 PM Pump Katherine	05:30:00 PM Zumba Lia	05:30:00 PM Pump Margi			
	320 Airport Road Manchester Center VT 802-768-9700 www.themanchestergym.com Follow us on Instagram and Facebook for schedule changes and cancellations					