



Winter Studio Schedule 2019

200 High Point Ave | Portsmouth, RI | 401-683-6033

Time	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
6:00AM		Spinning w/ <u>Chris</u>		Spinning w/ <u>Chris</u>			
7:00AM						Kettlebells w/ <u>Rebecca</u>	
7:45AM						20min. ab-attack w/ <u>Rebecca</u>	
8:00AM	<u>AOA</u> "Active Older Adult Class" w/ <u>Moira</u>		Strength-n- Stretch w/ <u>Moira</u>	<u>AOA</u> "Active Older Adult Class" w/ <u>Moira</u>	Gentle- Yoga w/ <u>Beth</u>		Spinning w/ <u>Chris</u> or <u>Karen</u>
8:00AM		Spinning w/ <u>Chris G.</u>			Spinning w/ <u>Liz</u>	8:30AM ZUMBA w/ <u>Sharon</u>	
9:00AM	Power Hour w/ <u>Jody</u>	Total Body Strength & Cardio w/ <u>Jody</u>			Total Body Strength & Cardio w/ <u>Jody</u>		
9:15AM				Senior Strong w/ <u>Moira</u>			
10:15AM	Senior Strong w/ <u>Moira</u>					10:30AM TOADal – Body w/ <u>BullfrogFit</u>	
4:30PM			Pilates w/ <u>Liz</u>				
5:30PM	TOADal Body w/ <u>BullfrogFit</u>			5:15PM Barre Fusion w/ <u>Liz</u>			
5:30PM	Spinning w/ <u>Chris</u>	Yoga w/ <u>Sharon</u>	Spinning w/ <u>Liz</u>		Spinning w/ <u>Chris</u>		
6:00PM			Yoga for Stiff Guys W/ <u>Sharon</u>				

Monday -Friday 5:30am – 9:00pm

Saturday 6:00am – 3:00pm

Sunday 7:00am – 3:00pm

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