

























	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00 AM	 M	Free Style M Boot Camp	Spin S	Insanity M	 S	Breakfast Club Bootcamp M (7:00 AM)	
8:00 AM	Muscle Mix M	Spin & Sculpt S Step & Tone M	Cardio Blend M	Total Toning M	Spin S Step & Tone M	 S  M Power Pilates L	 M Boot Camp - P 8:30 AM
9:15 AM	Spin & Abs S BodyCombat- M Insanity Power Pilates L	Les Mills M Double Play Core Yoga L	Virtual  S Box Camp M Tone & Tighten L	T.B.C M (75 Mins) Vinyasa Yoga L	 M Yoga/Pilates Fusion L	Spin S  M	Spin  S T.B.C. M  L
10:30 AM	Hatha Yoga (10:15) L Box Camp M	Core & More M 10:15 AM	Yoga L	 L Insanity M	Body Combat M 10:15 AM	Vinyasa Yoga L	Vinyasa Yoga L
12:15 PM	 M					 Find us on Facebook CLUB HOURS MON - THU/ FRI 5 AM - 9 PM SAT & SUN 6:30 AM - 4 PM KID'S CLUB HOURS MONDAY 9:00 AM to 1:15 PM TUES, WED, THURS, FRI 9:00AM to 12:00 PM Sportsplex follows Bethel Schools cancellation policy No School= No morning classes - No Kids Club School Delay- classes start at 9:15 AM- Kids Club Open Call to be sure or check on FaceBook !	
4:30 PM	 S  M	Spin & Sculpt S Yoga / Pilates L Fusion Rat Pack M	 M  L	Spin S Rat Pack M	 M		
6:00 PM	Core & Restore L BodyCombat- M Insanity  S	Extreme M Boot Camp  L Starts 5/12/15	 S  M Hatha Para Yoga 6:15 L	Extreme M Boot Camp Yoga L			
7:00 PM		 M		 M			

M = MAIN STUDIO L = LOFT STUDIO UPSTAIRS S = VIRTUAL SPIN STUDIO

PLEASE ARRIVE 10 MINUTES PRIOR TO CLASS - ALL CLASSES SUBJECT TO CHANGE WITHOUT NOTICE

For Additional Information Email us at - info@sportsplexbethel.com

13 Stony Hill Rd. Bethel, CT 06801 203-748-8600 www.sportsplexbethel.com