

Group Exercise



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 AM 30 Spin/30 HIIT Judi/Amilcar	6:00 AM Atomic Core Adriana	5:45 AM SPINNING Leslie	6:00 AM Kettlebells Adriana	5:45 AM SPINNING Adriana		
8:30AM Raise The Bar Andrea	8:30 AM Cardio Burn Erin	8:30 AM Cardio Chisel Erin		8:30 AM Raise the Bar Andrea	8:00 AM Mind Body Barre Erin	8:00 AM Sculpt & Yoga Lara
10:00 AM Barre Above Erin	9:00 AM SPINNING SueG	10:00 AM Stretch & Strengthen Adriana	9:00 AM SPINNING SueG	10:00 AM SPIN 101 Sue G	9:30 AM SPINNING Tammy	9:00 AM SPINNING Denise
11:30 AM FIT FOR LIFE Sue G	10:30 AM Core & Balance Sue G	11:30 AM FIT FOR LIFE Sue G	10:30 AM Core & Balance Sue G	11:00 AM Friday Mixup Sue G	9:30 AM Zumba Christine	
4:15 PM Raise The Bar Tammy	11:45 AM Strength & Mobility Sue G	11:45 AM Strength & Mobility Sue G	11:45 AM Strength & Mobility Sue G		11:00 AM Mat Pilates Lauren	
5:30 PM SPINNING Leslie	4:15 PM Mat Pilates Mayara	4:15 PM Raise The Bar Tammy	4:15 PM Mat Pilates Mayara	SPECIALTY  Outdoor Boot Camp w/Adriana Saturday's @ 7:00am		
	5:30 PM Muscle Max Leslie	5:30 PM SPINNING Tammy	5:00 PM Total Body Circuit Amilcar			
	5:30 PM SPINNING Denise	5:30 PM Zumba Christine				

Bristol Total Fitness - 685 Metacom Avenue Bristol, RI

Phone: 401-254-3900 www.TotalFitnessClubs.com