



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:15 - 10:15 AM SPIN Diana	9:15 - 10:15 AM PURE STRENGTH Nancy	9:15 - 10:15 AM PILATES Diana	9:15 - 10:15 AM BARBELL STRENGTH Diana		10:00 - 11:00 AM BOOTCAMP Chris	
	10:15 - 10:45 AM CORE / STRETCH Nancy					

Evening Classes

6:00 - 6:30 PM ROCK BOTTOM Chris	6:30 - 7:30 PM CORE & KICK Kim	6:30 - 7:15 PM SPIN Kim	6:00 - 7:00 PM PURE STRENGTH Chris			
6:30 - 7:00 PM FUNCTIONAL CORE Chris	8:00 - 9:00 PM ZUMBA Claudia	7:15 - 8:00 PM BODY SCULPT Kim	7:00 - 8:00 PM ZUMBA Claudia			
7:00 - 8:00 PM SPIN Diana		8:00 - 9:00 PM PILATES Diana		<p>Woodbridge Schedule</p> <p>If you have any questions or feedback please contact us at: sonia.pugliese@anytimefitness.com</p>		
8:00 - 9:00 PM PILATES Diana						