

SPINNING

Club NewFit Spinning

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-7:00 am	6:00-7:00 am	6:00-7:00 am	6:00-7:00 am	6:00-7:00 am	8:00-8:45 am	9:00-10:00 am
Spinning/ Lisa H.			Spinning/ Lisa H.		Spinning Xpress Mario/TBD	
		9:00 a.m-10:00 am.			9:00 a.m -10:00a.m	
		Spinning/Andrea			Spinning/Mario TBD	
	9:15-10:15		9:15-10:00 a.m			
	Spinning/Lisa H.		Spinning Xpress Andrea			
9:30-10:30 am				9:30-10:00 a.m		
Spinning/MAF				Spinning/MAF		
5:30 p.m-6:15pm		5:30-6:15				
Spinning/ MAF		Spinning/TBD Mario				
6:15-7:15 p.m		6:15-7:15 p.m	6:00-7:00 p.m			
Spinning /Andrea		Spinning/TBD Mario	Spinning/TBD Mario			

Club NewFit
426.8591
NewFit.com

23 commerce Rd.
Newtown

CLUB HOURS

Monday-Thursday 5:30 am-10:00 pm
 Friday 5:30 am - 9:00 pm
 Saturday 8:00 am - 5:00 pm
 Sunday 8:00 am - 3:00 pm

KIDZONE HOURS

Monday -Friday 9:00am - 12:00 pm
 Monday -Thursday 4:30 p.m -8:00 p.m
 Saturdays 8:00 a.m- 11:00 a.m