

Gravity Schedule

Schedule your Gravity Training Session Today!
CALL NOW! 860-550-2575

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|-------------------------------|-----------------------------|-------------------------------|--|-------------------------|--------------------------------|--|
| | | | 5:45am Gravity Group Strength | | | |
| | | | 6:45am Gravity Group Strength | | | |
| | 9 am Gravity Group Strength | | 8:00am Gravity Fusion strength/pilates | 8:30 am Gravity Pilates | 8:30 am Gravity Group Strength | |
| 9am Gravity Group Strength | 10am Gravity Pilates | | 9am Gravity Group Strength | 9:30am Gravity pilates | 9:30 am Gravity Group Strength | |
| 10am Gravity Group fusion | | | | | 10:30am Gravity pilates | |
| | | | | | 11:30am Gravity Fusion | |
| | | | | | | |
| 4:30pm Gravity Group Strength | | 4:30pm Gravity Pilates | 5:00pm Gravity Group Strength | | | |
| 5:30pm Gravity Group Strength | 5:30pm Gravity Pilates | 5:30pm Gravity Group Strength | 5:45pm Gravity Group Strength | | | |
| | 6:30pm Group Strength | 6:30 pm GravityGroup Strength | | | | |
| | | 7:30 pm Gravity Pilates | | | | |