

Ask For Lisa S. OR Call 860-550-2575 to schedule a DEMO

Gravity Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 am Gravity Group Strength			6:45 Gravity Group Strength			
				8:30 am Pilates	8:30 am Gravity Group Strength	
9am Gravity Group Strength	9am Gravity Group Strength		9am Gravity Group Strength	9:30 am Pilates	9:30 am Gravity Fusion pilates/strength	
	10AM Gravity Pilates				10:30 am Gravity Pilates	
4 pm Gravity Group Strength	12pm Gravity Group Strength		12pm Gravity Group Strength			
4:45pm Gravity Group Strength		4:30 pm Pilates				
5:30pm Gravity Group Strength	5:30pm Pilates	5:30 pm Gravity Group Strength	5:45 PM Gravity Fusion Pilates /Strength	Shorts and baggy pants are not recommended Long Hair Must be Tied Back		
6:45pm Gravity Fusion Pilates/Strength	6:15pm Gravity Fusion Pilates/Strength	6:30pm Gravity Group Strength	6:30pm Gravity Group Strength			
		7:30 pm Pilates				

8 weeks will Change your body...16 weeks will change your life! Demo a class today!