



808 Stonington Road
 Stonington 860-535-8064
www.icanfitness.com



I CAN FITNESS™

January 2012

SPINNING, Zumba & Boot Camp

SCHEDULE

All Spin classes are 45 minutes.

Day	Time	Class	Instructor
Sunday	8:30 AM	Spin	Melissa
Monday	5:30 AM	Boot Camp	Heather
	9:30 AM	Spin	Amy
	6:15 PM	Spin	Heather
Tuesday	8:30 AM	Spin	Heather
	6:15 PM	Spin	Dana
Wednesday	5:30 AM	Boot Camp	Heather
	8:00 AM	Boot Camp	Heather
	9:30 AM	Spin	Amy
	6:15 PM	Spin	Stephen
Thursday	8:30 AM	Spin	Heather
Friday	5:30 AM	Boot Camp	Heather
	8:00 AM	Boot Camp	Heather
	9:30 AM	Spin	Amy
Saturday	7:30 AM	Spin	Stephen
	8:30 AM	Zumba	
	9:00 AM	Spin	Dana