

# SS FIT STUDIO

## GROUP FITNESS SCHEDULE

Effective March 9, 2020



339 Boston Post Rd, Suite 6

Sudbury, MA 01776

508-904-7171

[www.ss-fit.com](http://www.ss-fit.com)

All classes are 55 minutes unless otherwise noted\*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>STEP</u>						<u>STEP</u>
8 - 9 AM						7:15 - 8:15 AM
<u>CARDIO STRENGTH</u>						<u>STEP</u>
9:15 - 10:15 AM						8:30 - 9:30 AM
<u>PIYO</u>						<u>PURE STRENGTH</u>
10:30 - 11:30 AM						9:45 - 10:45 AM
	<u>MEN'S YOGA</u>	<u>TOTAL BODY</u>	<u>STEP &amp; CORE</u>			
	7:15 - 8:15 PM	7:15 - 8:15 PM	7 - 8 PM			

All classes are 55 minutes unless otherwise noted. \* indicates 30 or 45 min class

Please arrive on time - no admittance 10 min after class has started. Please no cell phone calls during class. Be sure to let the instructor know if you have any medical conditions or concerns. Proper aerobic sneakers are required to ensure your safety