

TFWCONNECTICUT ON-SITE AND ZOOM GROUP SCHEDULE

EFFECTIVE 6/20/2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DAYTIME CLASSES					
UPPER BODY 6:30am-7:30am	HURRICANE 6:30-7:30am		ENERGY CIRCUIT 6:30-7:30am	LOWER BODY 6:30-7:30am	
					INBODY 8:00am-8:30am
					STRENGTH 8:45am-9:45am
UPPER BODY 9:30am-10:30am	HURRICANE 9:30-10:30am	SPEED STRENGTH 9:30am-10:30am	ENERGY CIRCUIT 9:30-10:30am	LOWER BODY 9:30-10:30am	
EVENING CLASSES					
UPPER BODY 4:15pm-5:15pm	HURRICANE 4:15pm-5:15pm	SPEED STRENGTH 4:15pm-5:15pm	ENERGY CIRCUIT 4:15pm-5:15pm	LOWER BODY 4:15pm-5:15pm	
UPPER BODY 5:30pm-6:30pm	HURRICANE 5:30pm-6:30pm	SPEED STRENGTH 5:30pm-6:30pm	ENERGY CIRCUIT 5:30pm-6:30pm	LOWER BODY 5:30pm-6:30pm	

MINIBODY REGISTRATION REQUIRED TO ATTEND CLASSES

14 Starr Road, Danbury, CT 06810
 203-794-1035
 TFWCONNECTICUT.COM