



# SCHEDULE | Manchester

Contact club to reserve your class: (860) 646.8000

Club Hours: 24 Hours Monday 12am - Friday 9pm, Saturday & Sunday 7am-7pm

Visit our website for class schedules: [www.mycardioexpress.com](http://www.mycardioexpress.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am SPINNING® - Sam	5:45am SPINNING® - Deanna	5:30am SPINNING® - Sam	5:45am SPINNING® - Deanna	5:30am SPINNING® - Sam	7-8am Tummy, Tri's, & Thighs	
7-8am Tummy, Tri's, & Thighs			9-10am Tread n' Shred	7-8am Body Blaster Bootcamp	8:15am SPINNING® - Deanna	
8-8:30am Ab Attack	9-10am Total Tone		10-11am Total Tone	8-9am Tummy, Tri's, & Thighs	8-8:30am Ab Attack	
9-10am Total Tone	10-11am Tummy, Tri's, & Thighs		11am-12pm Body Blaster Bootcamp	9-10am Tread n' Shred	9-10am Total Tone	
9:15am SPINNING® - Caitlin	11am-12pm Body Blaster Bootcamp		9:15am SPINNING® - Kristen	10-10:30am Ab Attack	9:30am SPINNING® - Deanna	9:30am SPINNING® - Tina
10-11am Body Blaster Bootcamp	12:00pm SPINNING® - Nita		12:00pm SPINNING® - Nita	11am-12pm Body Blaster Bootcamp	10-11am Body Blaster Bootcamp	
11am-12pm Total Tone	2-3pm Tread n' Shred	2-3pm Tummy, Tri's, & Thighs	2-3pm Total Tone	12-1pm Total Tone	10:45am SPINNING® - Lenny	
12-1pm Body Blaster Bootcamp	3-4pm Tummy, Tri's, & Thighs	3-4pm Total Tone	3-4pm Body Blaster Bootcamp	1-2pm Tummy, Tri's, & Thighs	11am-12pm Total Tone	
1-2pm Tummy, Tri's, & Thighs	4-4:30pm Ab Attack	4-4:30pm Ab Attack	4-5pm Tummy, Tri's, & Thighs		12-1pm Tummy, Tri's, & Thighs	
	5-6pm Total Tone	5-6pm Body Blaster Bootcamp	5-6pm Tread n' Shred		1-2pm Tread n' Shred	
	6-7pm Tread n' Shred	6-7pm Total Tone	6-6:30pm Ab Attack			
6pm SPINNING® - Lu	6pm SPINNING® - CC	6pm SPINNING® - Lu	6pm SPINNING® - Caitlin	6pm SPINNING® - Dawn		
7:15pm SPINNING® - Dawn	7:15pm SPINNING® - Sam	7:15pm SPINNING® - Paige	7:15pm SPINNING® - Caitlin			
	7-8pm Body Blaster Bootcamp	7-8pm Tread n' Shred	7-8pm Total Tone			
	8-8:30pm Ab Attack	8-9pm Tummy, Tri's, & Thighs	8-9pm Body Blaster Bootcamp			
	9-10pm Total Tone	9-10pm Body Blaster Bootcamp	9-10pm Total Tone			

All classes are allotted a one hour time block. The workout phase of each class is approximately 45 minutes, leaving available time for you to meet with your coach. For your convenience, classes (with the exception of SPINNING®) may be scheduled up to one week in advance by contacting your local Cardio Express club. Class availability and schedules vary by location. Some classes are restricted by membership type. Contact club for details.

**SPINNING®** - High calorie burning workout great for weight loss, toning, sculpting, and endurance. Bike reservations may be made in person no more than 30 minutes before each class. \*X-Zone only

**Tummy, Tri's, & Thighs** - A combination of weights and functional movements to tone and sculpt head to toe.

**Ab Attack** - Go from flab to fab with this extreme core workout! Core training helps to strengthen the lower back and tone your mid section to get that 6 pack you've always wanted.

**Total Tone** - A combination of exercises guaranteed to get you totally tone from head to toe. Learn how to enhance your existing routine on the Star Trac Human Sport circuit.

**Body Blaster Bootcamp** - This circuit based interval workout is designed to increase endurance, strength, and burn a ton of calories!

**Tread n' Shred** - A fun filled cardio workout designed to burn maximum calories.