

SMALL GROUP TRAINING

EFFECTIVE OCTOBER 2025

MONDAY:

6:00am

BURN: Mike H

9:00am

FOUNDATION: Garret H

6:00pm:

STRENGTH: Hannah J

TUESDAY:

6:00am

STRENGTH: Jen F

9:00am

BURN: Shane S

5:00pm

FOUNDATION: Hannah J

6:00pm:

BURN: Garret H

WEDNESDAY:

6:00am

FOUNDATION: Shane S

9:00am

STRENGTH: Mike H

6:00pm

STRENGTH: Kyle A

7:00am:

BALANCE & RECOVERY: Hannah J

THURSDAY:

6:00am

STRENGTH: Jen F

9:00am

BURN: Aris M

6:00pm

BURN: Garret H

FRIDAY:

6:00am:

FOUNDATION: Shane S

9:00am:

STRENGTH: Aris M

5:00pm:

FOUNDATION: Kyle A

SATURDAY:

7:30am:

STRENGTH: Kyle A

9:30am:

BURN: Shane S

SUNDAY:

8:00am

FOUNDATION: Garret H

9:00am:

BALANCE & RECOVERY: Hannah J

**SIGN UP FOR SMALL GROUP
TRAINING CLASSES IN ADVANCE
AT INSHAPE.NET**



Call today! 203.481.0774

89 North Main St. Branford, CT 06405

www.inshape.net