



CLUB HOURS

Mon-Thurs 5:00am-9:30pm
Friday 5:00am-8:00pm
Saturday 6:00am-5:00pm
Sunday 7:00am-3:00pm

CHILDCARE

Mon-Fri 8:00am-12:00pm
 4:30pm-7:30pm
Sat-Sun 7:45am-12:00pm
No Friday evening childcare

REGISTRATION REQUIRED FOR GROUP CLASSES

DOWNLOAD THE FUNKTION FITNESS APP!

Old Saybrook (860) 339-5829

210 Main Street

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 5:30am-6:30am Claudine	 5:30am-6:30am Mike		 5:30am-6:30am Mike	 5:30am-6:30am Michele	 7:00am-8:00am Kelley	 8:00am-9:00am Sherry
GROUP CYCLE 5:30am-6:30am Mike		GROUP CYCLE 5:30am-6:30am Mitch	HIIT 30 CYCLE 6:00am-6:30am Heather	GROUP CYCLE 5:30am-6:30am Maureen	HIIT 30 CYCLE 7:30am-8:00am Emily	HIIT 30 CYCLE 8:30am-9:00am Alicia
 8:00am - 9:00am Marylou/Michele	 8:00am - 9:00am Kelley	 8:30am-9:00am Heather	 8:00am-9:00am Leslie		 8:15am-9:15am Ron	 9:15am-10:15am Heather
 9:00am-9:30am Marylou/Heather	 9:30am-10:30am Denise	 9:30am-10:30am Sue	 9:30am-10:30am Kelley	 9:30am-10:30am Sue	 9:30am-10:30am Diane A	 10:30am-11:30am Chay
GROUP CYCLE 9:30am-10:30am Heather	HIIT 30 CYCLE 9:00am-9:30am Alicia	GROUP CYCLE 9:30am-10:30am Leslie	GROUP CYCLE 9:30am-10:30am Sue	GROUP CYCLE 9:30am-10:30am Tracy	 10:30am-11:30am Jacque	 11:45am-12:45pm Ron
 9:30am-10:30am Krista	 10:30am-11:30am Alicia	 10:30am-11:30am Heather	 10:30am-11:30am Denise			
	 4:30pm-5:30pm Heather	 4:30pm-5:30pm Cristin		 4:30pm-5:30pm Allison		
 5:30pm - 6:30pm Tracy	 5:30pm-6:30pm Heather	 5:30pm-6:30pm Kelley	 5:30pm-6:30pm Cecelia	 5:30pm - 6:30pm Ray		
HIIT 30 CYCLE 6:00pm-6:30pm Leslie	GROUP CYCLE 5:30pm-6:30pm Krista	HIIT 30 CYCLE 6:00pm-6:30pm Alicia	GROUP CYCLE 5:30pm-6:30pm Krista			
	 6:30pm-7:00pm Heather	 6:30pm-7:30pm Ray	 6:30pm-7:00pm Cecelia/Krista			