



Di's Personal Fitness
 228 Oakwood Avenue, Elmira Heights, NY 14903
www.dispersonalfitness.com
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Livestream On-Line Class Schedule
 For details
 call (607) 738 7611



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GROUP TRAINING 5:30 AM-6:30 AM	Step Sculpt Sweat 5:30 AM-6:15 AM	GROUP TRAINING 5:30 AM-6:30 AM		GROUP TRAINING 5:30 AM-6:30 AM	***WEEKEND DETOX 8:15 AM-9:15 AM	
***INTEGRATED BODY BLAST 8:45 AM-9:45 AM	Step Sculpt Sweat 9:30 AM-10:15 AM	***INTEGRATED BODY BLAST 8:45 AM-9:45 AM		***PILATES 8:45 AM-9:30 AM		
ROCK STEADY BOXING 11:00 AM-12:00 PM	AMO CIRCUIT 11:00 AM-12:00 PM	ROCK STEADY BOXING 11:00 AM-12:00 PM	AMO CIRCUIT 11:00 AM-12:00 PM	RSB/AMO'S FLEX 10:00 AM-11:00AM		
			Step Sculpt Sweat 4:30 PM-5:15 PM			
GROUP TRAINING 4:30 PM-5:30 PM	Spinning 5:30 PM-6:15 PM	GROUP TRAINING 4:30 PM-5:30 PM	Step Sculpt Sweat 5:30 PM-6:15 PM			
***Calorie Crush 5:30 PM-6:15 PM	SMALL GROUP TRAINING 5:45 PM-6:45 PM	**Balls-Bars-Bells** 5:30 PM-6:15 PM	Boot Camp 5:30 PM-6:15 PM			
Body Flow 6:15 PM-7:00 PM	MARKED (***)GROUP EX CLASSES INCLUDED IN THE YEARLY MEMBERSHIP					