



Di's Personal Fitness
 www.dispersonalfitness.com
 dcarozza@stny.rr.com
 Livestream On-Line Class Schedule
 For details
 call (607 738 7611



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GROUP TRAINING 5:30 AM-6:15 AM	Pyramid Pump 5:30 AM-6:15 AM	GROUP TRAINING 5:30 AM-6:15 AM		GROUP TRAINING 5:30 AM-6:15 AM	***WEEKEND DETOX 8:15 AM-9:00 AM	
***INTEGRATED BODY BLAST 8:45 AM-9:30 AM	Pyramid Pump 8:45 AM-9:30 AM	***INTEGRATED BODY BLAST 8:45 AM-9:30 AM		***PILATES 8:45 AM-9:30 AM		
ROCK STEADY BOXING 11:00 AM-12:00 PM	AMO CIRCUIT 9:45 AM-10:30 AM	ROCK STEADY BOXING 11:00 AM-12:00 PM	AMO CIRCUIT 9:45 AM-10:30 AM	BODY FLEX 10:00 AM-11:00AM		
	IN PERSON SMALL GROUP TRAINING 4:30 PM-5:30 PM					
***CARDIO KICKBOXING 5:30 PM-6:15 PM	IN PERSON SMALL GROUP TRAINING 5:30 PM-6:30 PM	***Balls-Bars-Bells** 5:30 PM-6:15 PM	Pyramid Pump 5:30 PM-6:15 PM			
	Spinning 5:30 PM-6:15 PM					
MARKED (***)GROUP EX CLASSES INCLUDED IN THE YEARLY MEMBERSHIP						