

FIRE STUDIO

Weekly Class Schedule

MON TUES WED THUR FRI SAT SUN

6:30am			Hot 26&2		SlowBurn		
8:30am						FlowBurn	FlowBurn
9:00am	SlowBurn	Pilates		Pilates	Radiant		
12:00pm	Hot 26&2		Hot 26&2		Hot 26&2		
4:30pm			Jam Flow		FlowBurn		
5:15pm	SlowBurn	Hot 26&2		Hot 26&2			
5:45pm			Blaze				
6:30pm	Spark	Simmer		Simmer			

GREEN MOUNTAIN COMMUNITY FITNESS

652 Granger Rd Berlin, VT

802-223-6161

gmcf.life/firestudio