

STEEL BEACH GYM OAKVILLE, CT

Steel Beach Group Personal Training Class Schedule

Classes are included with the VIP ALL Access Plan Membership!

Monday

6:00 am - 7:00 am

9:15 am - 10:15 am

4:30 pm - 5:30 pm

6:00 pm - 7:00 pm

Tuesday

6:00 am - 7:00 am

9:15 am - 10:15 am

4:30 pm - 5:30 pm

6:00 pm - 7:00 pm

Wednesday

6:00 am - 7:00 am

9:15 am - 10:15 am

4:30 pm - 5:30 pm

6:00 pm - 7:00 pm

Thursday

6:00 am - 7:00 am

9:15 am - 10:15 am

4:30 pm - 5:30 pm

6:00 pm - 7:00 pm

Friday

6:00 am - 7:00 am

9:15 am - 10:15 am

4:30 pm - 5:30 pm

Saturday

8:00 am - 9:00 am