

STEEL BEACH GYM

OAKVILLE, CT

900 Main Street
Oakville, CT 06779
860.945.9226

Facebook & Instagram:
[Steelbeachgym](#)

Club Hours:

Mon-Friday
4:30 am - 10:00 pm

Saturday
7:00 am - 7:00 pm

Sunday
7:00 am - 5:00 pm

WWW.STEELBEACHFITNESS.COM

Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 am - 6:00 am Total Body Strength Shana	5:00- am - 6:00 am Spinning Lisa	5:00 am - 5:50 am HIIT Justin	5:30 am- 6:30 am Spinning Lisa	5:30 am- 6:15 am Total Body Toning Shana	7:00 am - 7:50 am Boot Camp Jimmy	7:00 - 7:45 am Spinning Joe
9:30 am- 10:30 am Yoga Dinah	8:00 am- 9:00 am Total Body Circuits Justin	9:30 am- 10:30 am Yoga Kathy	8:00 am- 9:00 am Spinning Dee Dee	6:30 am- 7:30 am Spinning Jimmy	8:00 am- 9:00 am Zumba Sarah	8:00 am- 9:00 am Vinyasa Flow Yoga Kathy
		10:45 am- 11:45 am Active Aging- Senior Fitness Justin	9:30 am- 10:30 am Pilates Becky	9:30 am-10:30am Yoga Teddi/ Dinah (rotating)	9:15 am- 10:15 am Yoga Kathy	9:15 am -10:15 am Zumba Jenna
			5:15 pm - 6:15 pm HIIT Justin			
4:30 pm - 5:30 pm Hourglass Class Nia		5:30 pm- 6:15 pm Spinning Joe		5:30 pm- 6:30 pm WERQ Jess		
5:45 pm - 6:45 pm Yoga Lisa	5:30 pm - 6:30 pm Body Sculpt Angela	6:30 pm -7:30 pm Yoga Teddi	6:45- 7:45 pm Yoga Teddi			
7:00 pm - 8:00 pm Zumba Sarah	7:00 pm- 8:00 pm Hip Hop Sarah/ Jenna (rotating)					