

Norwich Classes

- Monday
 - 8:30 am SilverSneakers®
 - 5:00 pm Zumba®
- Tuesday
 - 8:30 am SilverSneakers® Yoga
 - 6:00 pm Zumba® Mashup
- Wednesday
 - 8:30 am SilverSneakers®
 - 5:00 pm Zumba®
- Thursday
 - No classes
- Friday
 - 8:30 am SilverSneakers®
 - 5:00 pm Zumba® Toning
- Saturday
 - No classes
- Sunday
 - No classes

Pawcatuck Schedule

- Monday - No Classes
- Tuesday - 10:30 am SilverSneakers®
4:30 pm Cycle Tone
- Wednesday - No Classes
- Thursday - 9:15 am Hatha Yoga
- 10:30 am SilverSneakers®
- 4:30 pm Renegade Strong
- Friday - No Classes
- Saturday - 8:30 am Cycle Tone
- Sunday - No Classes

Waterford Schedule

- Monday
 - 8:30 am Silver Circuit
 - 10:30 am SilverSneakers®
 - 5:30 pm HIIT Body Bootcamp
- Tuesday
 - 8:30 am Total Body Conditioning
 - 5:30 pm HIIT Dance Fitness
- Wednesday
 - 10:30 am SilverSneakers®
 - 5:30 pm Renegade Strong
- Thursday
 - 8:30 am Total Body Conditioning
 - 10:30 am SilverSneakers® Yoga
 - 5:30 pm Zumba® Fitness
- Friday
 - 9:35 am Hatha Yoga
 - 11:00 am SilverSneakers®
- Saturday
 - 9:30 am Dance Fitness
 - 10:45 am Hatha Yoga
- Sunday
 - No Classes

RENEGADE FITNESS GROUP CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	 6AM BOSU W/LEEANN	 6AM INTERVAL W/LEEANN		 6AM BUTTS & GUTS W/LEEANN		
					 7:30AM SPIN W/LEEANN <i>Every other week</i>	 7:30AM SPIN W/LEEANN <i>Every other week</i>
				 8:30AM TRAMPOLINE TABATA W/TAMMY		
 Silver Sneakers 9AM CLASSIC W/NANCY		 9:15AM CARDIO BALL/CORE W/TAMMY	 Silver Sneakers 9AM CLASSIC W/NANCY	 9:15AM MUSCLE PUMP W/TAMMY	 ZUMBA 9AM W/LEAH	
 10AM FUN DANCE FITNESS W/NANCY	 10:45AM YOGA W/PAM	 10:45AM CHAIR YOGA W/PAM	 10AM FUN DANCE FITNESS W/NANCY			
 5:30PM HIIT INTERVALS W/TAMMY			 5:30PM STRENGTH TRAINING W/TAMMY			

Renegade Fitness 5600 Post Rd 02818 (401)886-4700

Hours: Mon-Fri 5am-9pm Sat 7am-6pm Sun 7am-3pm