

The Mill Works Group Fitness Schedule

Effective: Monday, April 9, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	5:30-6:15 AM Pure Muscle 💪😄	5:30-6:15 AM Cyclo-Therapy 🚴	5:30-6:15 AM Tread & Shred ❤️🚶😄	5:30-6:15 AM Cyclo-Therapy 🚴	5:30-6:15 AM Tread & Shred ❤️🚶😄		
6:15 AM	6:15-7:00 AM Cardio/Sculpt Express ❤️💪		6:15-7:00 AM Weights, Bands, Oh My! ❤️💪				
7:30 AM 8:00 AM		8:00-8:45 AM Cardio Barre ❤️👩		8:00-8:45 AM Top 40 Dance Jams ❤️👩😄			7:30-8:15 AM Cyclo-Therapy 🚴
8:15 AM 8:30 AM 8:45 AM	8:30-9:15 AM Tread & Shred ❤️🚶			8:45-9:45 AM Strength Barre 💪👩	8:45-9:30 AM Indoor Cycling 🚴	8:15-9:00 AM Booty Bootcamp ❤️💪	8:15-9:00 AM Total Body Sculpt 💪😄
9:15 AM		9:15-10:15 AM MELT Performance 👩	9:15-10:15 AM Cycle-n-Barre Circuit 🚴👩			9:15-10:00 AM Cycling Warriors 🚴	
9:30 AM 9:45 AM	9:30-10:15 AM Circuit Breaker ❤️💪😄	10:15-11:00 AM Cardio Kickboxing ❤️😄	10:15-11:15 AM MELT 👩	9:45-10:30 AM Indoor Cycling 🚴	9:45-10:130 AM Fine Toning 💪😄		
12:00 PM 12:15 PM	12:00-12:45 PM Cardio Barre Fusion ❤️👩😄	12:15-1:00 PM H.I.I.T ❤️💪😄	12:00-12:45 PM Indoor Cycling 🚴				
5:30 PM	5:30-6:15 PM Tabata ❤️💪😄	5:30-6:15 PM Indoor Cycling 🚴	5:30-6:15 PM Cardio Kickboxing ❤️😄	5:30-6:15 PM H.I.I.T ❤️💪😄			
6:15 PM		6:15-6:30 PM Foam Rolling 101 👩		6:15-6:30 PM Foam Rolling 101 👩			
6:30 PM	6:30-7:15 PM H.I.I.T Circuit ❤️💪😄	6:30-7:15 PM Ultimate X-Train 😄🚶💪	6:30-7:15 PM Cardio, Power, Core ❤️😄	6:30-7:15 PM Mobility Training 😄🚶👩			
7:15 PM		7:15-8:00 PM Indoor Cycling 🚴		7:15-8:00 PM Indoor Cycling 🚴			