

The Mill Works Group Fitness Schedule

Effective: Monday, December 17, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30 AM Strength & Conditioning (3) Dan	5:30-6:15 AM Indoor Cycling (1) Andrea Speed & Agility (turf) DJ	5:30-6:30 AM Strength & Conditioning (3) Dan	5:30-6:15 AM Indoor Cycling (1) Andrea Speed & Agility (turf) DJ	5:30-6:30 AM Strength & Conditioning (3) Dan		
6:30-7:30 AM Strength & Conditioning (3) Dan	6:30-7:15 AM Speed & Agility (turf) DJ	6:30-7:30 AM Strength & Conditioning (3) Dan	6:30-7:15 AM Speed & Agility (turf) DJ	6:30-7:30 AM Strength & Conditioning (3) Dan	7:00-8:00 AM Strength & Conditioning (3) Dan	
7:30-8:30 AM Strength & Conditioning (3) Dan	7:30-8:15 AM Speed & Agility (turf) DJ	7:30-8:30 AM Strength & Conditioning (3) Dan	7:30-8:15 AM Speed & Agility (turf) DJ	7:30-8:30 AM Strength & Conditioning (3) Dan	8:00-9:00 AM Strength & Conditioning (3) Dan	7:30-8:15 AM Indoor Cycling (1) Andrea
	9:15-10:15 AM MELT Performance (1) Sheila	9:15-10:15 AM Cycle-n-Barre Circuit (1) Sheila			8:30-9:15 AM Indoor Cycling (1)	
9:30-10:30 AM Strength & Conditioning (3) Dan	9:30-10:15 AM Speed & Agility (turf) DJ	9:30-10:30 AM Strength & Conditioning (3) Dan	9:30-10:15 AM Speed & Agility (turf) DJ	9:30-10:30 AM Strength & Conditioning (3) Dan		
		10:15-11:15 AM MELT (1) Sheila				
			6:00-7:00 PM MELT Performance (1) Sheila			
	7:15-8:00 PM Indoor Cycling (1) Andrea		7:15-8:00 PM Indoor Cycling (1) Alison			

Location Key: 1-The Studio 2-The Cardio/Weight Rooms 3-Athletic Performance Center
Classes and/or instructors are subject to change.