

The Mill Works Group Fitness Schedule

FEBRUARY 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>5:30 AM</b>	<b>Strength &amp; Conditioning</b> Dan Noel	<b>Indoor Cycling</b> Andrea Kenney  <b>Speed &amp; Agility</b> DJ Brock	<b>Strength &amp; Conditioning</b> Dan Noel	<b>Indoor Cycling</b> Andrea Kenney  <b>Speed &amp; Agility</b> DJ Brock	<b>Strength &amp; Conditioning</b> Dan Noel		
<b>6:30 AM</b>	<b>Strength and Conditioning</b> Dan Noel	<b>Speed &amp; Agility</b> DJ Brock	<b>Strength &amp; Conditioning</b> Dan Noel	<b>Speed &amp; Agility</b> DJ Brock	<b>Strength &amp; Conditioning</b> Dan Noel		
<b>7:00 AM</b>						<b>Strength &amp; Conditioning</b> Dan Noel	
<b>7:30 AM</b>	<b>Strength and Conditioning</b> Dan Noel	<b>Speed &amp; Agility</b> DJ Brock	<b>Strength &amp; Conditioning</b> Dan Noel	<b>Speed &amp; Agility</b> DJ Brock	<b>Strength &amp; Conditioning</b> Dan Noel		<b>Indoor Cycling</b> Andrea Kenney
<b>8:00 AM</b>						<b>Strength &amp; Conditioning</b> Dan Noel	
<b>8:30 AM</b>						<b>Indoor Cycling</b> Andrea Kenney	
<b>9:30 AM</b>	<b>Strength and Conditioning</b> Dan Noel	<b>Speed &amp; Agility</b> DJ Brock  <b>MELT</b> Sheila Mills	<b>Strength &amp; Conditioning</b> Dan Noel  <b>MELT</b> Sheila Mills	<b>Speed &amp; Agility</b> DJ Brock	<b>Strength &amp; Conditioning</b> Dan Noel		
<b>6:15 PM</b>	<b>Strength and Conditioning</b> Dan Noel		<b>Strength and Conditioning</b> Dan Noel				
<b>7:15 PM</b>		<b>Indoor Cycling</b> Andrea Kenney		<b>Indoor Cycling</b> Alison Luttati			