

The Mill Works Group Fitness Schedule

APRIL 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Strength & Conditioning Dan Noel	Indoor Cycling Andrea Kenney	Strength & Conditioning Dan Noel	Indoor Cycling Andrea Kenney	Strength & Conditioning Dan Noel		
6:30 AM	Strength and Conditioning Dan Noel	Metabolic Conditioning Andrea Kenney	Strength & Conditioning Dan Noel	Indoor Cycling Andrea Kenney	Strength & Conditioning Dan Noel		
7:00 AM						Strength & Conditioning Dan Noel	
7:30 AM	Strength and Conditioning Dan Noel	Indoor Cycling Andrea Kenney	Strength & Conditioning Dan Noel	Metabolic Conditioning Andrea Kenney	Strength & Conditioning Dan Noel		Indoor Cycling Andrea Kenney
8:00 AM						Strength & Conditioning Dan Noel	
8:30 AM						Indoor Cycling Maggie Sulka	
9:30 AM	Strength and Conditioning Dan Noel	Metabolic Conditioning Andrea Kenney	Strength & Conditioning Dan Noel	Indoor Cycling Andrea Kenney	Strength & Conditioning Dan Noel		
		MELT Sheila Mills	MELT Sheila Mills				
6:15 PM	Strength and Conditioning Dan Noel		Strength and Conditioning Dan Noel				
7:15 PM		Indoor Cycling Andrea Kenney		Indoor Cycling Alison Luttati			