

The Mill Works Group Fitness Schedule

AUGUST 2019

	Mon	Tu	Wed	Th	Fri	Sat	Sun
5:30 AM	Strength & Conditioning Dan	Agility Strength & Stabilize Ron	Strength & Conditioning Dan	Indoor Cycling Andrea	Strength & Conditioning Dan		
6:30 AM	Strength and Conditioning Dan	Agility Strength & Stabilize Ron	Strength & Conditioning Dan	Indoor Cycling Andrea	Strength & Conditioning Dan		
7:00 AM						Strength & Conditioning Dan	
7:30 AM	Strength and Conditioning Dan	Agility Strength & Stabilize Ron	Strength & Conditioning Dan	Agility Strength & Stabilize Ron	Strength & Conditioning Dan		Indoor Cycling Andrea
8:00 AM						Strength & Conditioning Dan	
9:30 AM	Strength and Conditioning Dan Power Flow Deirdre	Agility Strength & Stabilize Ron Vinyasa All Levels Lia	Strength & Conditioning Dan Vinyasa All Levels Deirdre	Agility Strength & Stabilize Ron Power Flow Lia	Strength & Conditioning Dan Vinyasa All Levels Noel	Vinyasa All Levels (75 min) Deirdre	
1:15 PM							Prenatal Yoga Valerie
6:15 PM	Strength and Conditioning Dan		Strength and Conditioning Dan				
6:30 PM	Vinyasa All Levels Noel	HIIT Yoga Lia	Vinyasa All Levels Lelia	Vinyasa All Levels Kristen	Candlelight Restore Ashley		
7:15 PM				Indoor Cycling Alison			
7:30 PM	Stretch & Release Yoga Noel	Stretch & Release Yoga Lia					