

The Mill Works Group Fitness Schedule

SEPT 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	
9:00 AM						Vinyasa All Levels Deirdre	
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		
5:30 PM					Candlelight Restore Ashley		
6:15 PM	Strength and Conditioning Dan		Strength and Conditioning Dan				
6:30 PM	Vinyasa All Levels Noel	Power Flow Lia		Vinyasa All Levels Kristen			
7:00 PM				Indoor Cycling Alison			
7:15 PM			Vinyasa All Levels Lelia				
7:30 PM	Stretch & Release Yoga Noel	Stretch & Release Yoga Lia					