

**The Mill Works Group Fitness Schedule**

**OCT 2019**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
5:30 AM	Strength & Conditioning Dan	Agility Strength & Stabilize Ron	Strength & Conditioning Dan	Indoor Cycling Alison	Strength & Conditioning Dan		
6:30 AM	Strength & Conditioning Dan	Agility Strength & Stabilize Ron	Strength & Conditioning Dan		Strength & Conditioning Dan		
7:00 AM						Strength & Conditioning Dan	
7:30 AM	Strength & Conditioning Dan	Agility Strength & Stabilize Ron	Strength & Conditioning Dan	Agility Strength & Stabilize Ron	Strength & Conditioning Dan		Indoor Cycling Alison
8:00 AM						Strength & Conditioning Dan	
9:00 AM						Vinyasa All Levels Deirdre	
9:30 AM	Strength & Conditioning Dan	Agility Strength & Stabilize Ron	Strength & Conditioning Dan		Strength & Conditioning Dan		
	Power Flow Deirdre	Vinyasa All Levels Lia	Vinyasa All Levels Deirdre	Power Flow Noel	Vinyasa All Levels Noel		
6:00 PM					Candlelight Restore Ashley		
6:15 PM	Strength & Conditioning Dan		Strength & Conditioning Dan	Indoor Cycling Molly			
6:30 PM	Vinyasa All Levels Noel	Power Flow Noel		Vinyasa All Levels Noel			
7:00 PM							
7:15 PM			Vinyasa All Levels Lelia				
7:30 PM	Stretch & Release Yoga Noel	Stretch & Release Yoga Noel					