

**The Mill Works Group Fitness Schedule**
**JAN 2020**

|         | <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<br>Dan              | Agility Strength & Stabilize Ron                     | Strength & Conditioning<br>Dan | Agility Strength & Stabilize Ron                     | Strength & Conditioning<br>Dan   |                                |                          |
|         | Indoor Cycling<br>Carrie-<br>Beginner Class | Indoor Cycling<br>Alison                             |                                | Indoor Cycling<br>Alison                             |                                  |                                |                          |
| 6:30 AM | Strength & Conditioning<br>Dan              | Agility Strength & Stabilize Ron                     | Strength & Conditioning<br>Dan | Agility Strength & Stabilize Ron -<br>Beginner class | Strength & Conditioning<br>Dan   |                                |                          |
|         |                                             | Indoor Cycling<br>Alison-<br>Beginner Class          |                                |                                                      |                                  |                                |                          |
| 7:00 AM |                                             |                                                      |                                |                                                      |                                  | Strength & Conditioning<br>Dan |                          |
| 7:30 AM | Strength & Conditioning<br>Dan              | Agility Strength & Stabilize Ron                     | Strength & Conditioning<br>Dan | Agility Strength & Stabilize Ron                     | Strength & Conditioning<br>Dan   |                                | Indoor Cycling<br>Alison |
|         |                                             |                                                      |                                |                                                      |                                  |                                | Vinyasa All Levels Lia   |
| 8:00 AM |                                             |                                                      |                                |                                                      |                                  | Strength & Conditioning<br>Dan |                          |
| 9:00 AM |                                             |                                                      |                                |                                                      |                                  | Vinyasa All Levels<br>Deirdre  |                          |
| 9:30 AM | Strength & Conditioning<br>Dan              | Indoor Cycling<br>Alison-<br>Beginner Class          | Strength & Conditioning<br>Dan | Agility Strength & Stabilize Ron -<br>Beginner class | Strength & Conditioning<br>Dan   |                                |                          |
| 9:30 AM | Power Flow<br>Deirdre                       | Vinyasa All Levels Lia                               | Vinyasa All Levels Noel        | Power Flow<br>Ulrika                                 | Vinyasa All Levels<br>Deirdre    |                                |                          |
| 4:00 PM | Vinyasa All Levels Carrie                   |                                                      |                                |                                                      |                                  |                                |                          |
| 4:30 PM |                                             | Agility Strength & Stabilize Ron -<br>Beginner class |                                |                                                      |                                  |                                |                          |
| 5:00 PM |                                             | Vinyasa All Levels<br>Noel                           |                                |                                                      |                                  |                                |                          |
| 6:00 PM |                                             |                                                      |                                |                                                      | Candlelight<br>Restore<br>Ashley |                                |                          |
| 6:15 PM | Strength & Conditioning<br>Dan              | Indoor Cycling<br>Molly                              | Strength & Conditioning<br>Dan | Indoor Cycling<br>Molly                              |                                  |                                |                          |
| 7:00 PM |                                             | Stretch & Release Yoga<br>Noel                       |                                |                                                      |                                  |                                |                          |
| 7:15 PM |                                             |                                                      | Vinyasa All Levels<br>Lelia    |                                                      |                                  |                                |                          |