




CLASS SCHEDULE

beginning February 15, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
XE Lower 6:30 - 7am	Power Up 6:30 - 7am	XE Lower 6:30 - 7am	Power Up 6:30 - 7am	XE Core 6:30 - 7am	
Silent Cycle 7 - 8am	Silent Cycle 7 - 8am	Silent Cycle 7 - 8am	Silent Cycle 7 - 8am	Silent Cycle 7 - 8am	
Power Up 7 - 7:30am	XE Core 7 - 7:30am	Power Up 7 - 7:30am	XE Upper 7 - 7:30am	Power Up 7 - 7:30am	
MFD Tactical Training* 8 - 9am	MFD Tactical Training* 8 - 9am	MFD Tactical Training* 8 - 9am	MFD Tactical Training* 8 - 9am	MFD Tactical Training* 8 - 9am	
Silent Cycle 8 - 9am			Silent Cycle 8 - 9am		Saturday Strength Sesh 8:30 - 9:15am
					Silent Cycle 9 - 10am
Silver Sneakers® Classic VIRTUAL On hold	Silver Sneakers® Stability 9:30 - 10:15am	Silver Sneakers® Classic VIRTUAL On hold	Silver Sneakers® Stability 9:30 - 10:15am	Silver Sneakers® Classic VIRTUAL On hold	Saturday Strength Sesh 9:30 - 10:15am
	Silver Sneakers® Stability 10:30 - 11:15am	XE Total Body 11-11:30am			
Silent Cycle 5 - 6pm			Silent Cycle 5 - 6pm		
XE Upper 5:30 - 6pm	HIIT 5:30 - 6pm		HIIT 5:30 - 6pm		

* Manchester Firefighter Private Class

Check the **MLFitnessTraining.com** website or the  **MindBody app** on your cell phone for the most current schedule and to **reserve your spot** in your favorite class!