




CLASS SCHEDULE - at the Gym

beginning December 1, 2020

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	
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	Saturday Strength Sesh 8:30 - 9:15am
	Silver Sneakers® Classic temporarily suspended	Silver Sneakers® Classic temporarily suspended	Silver Sneakers® Stability temporarily suspended	Silver Sneakers® Classic temporarily suspended	Saturday Strength Sesh 9:30 - 10:15am
Silver Sneakers® Classic temporarily suspended	Silver Sneakers® Stability temporarily suspended		Silver Sneakers® Yoga temporarily suspended	Silver Sneakers® Classic temporarily suspended	
	XE Total Body 11-11:30am	Noon Hustle Boom Muscle™ temporarily suspended	Silver Sneakers® Yoga temporarily suspended		
			Circuit 101 temporarily suspended		
XE Upper 5:30 - 6pm	HIIT 5:30 - 6pm	XE Total Body temporarily suspended	HIIT 5:30 - 6pm	XE Core temporarily suspended	

* Manchester Firefighter Private Class

Check the [MLFitnessTraining.com](https://www.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!

CLASS SCHEDULE – at Home

Stacey's Silver Sneakers Video Package

A package of 14 videos you can watch at home on your computer, on your own schedule and at your own pace. Please contact us by emailing info@mlfitnesstraining.com or calling the gym at 860.783.5506 and asking for "Stacey's Silver Sneakers Video Package". Once payment is made you will receive an email within a day or two with all the video links.