



CLASS SCHEDULE

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	
	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-VIRTUAL 9:30 - 10:15am		Silver Sneakers® Classic-VIRTUAL 9:30 - 10:15am		Silver Sneakers® Classic-VIRTUAL 9:30 - 10:15am	
Silver Sneakers® Classic temporarily suspended	Silver Sneakers® Stability temporarily suspended		Silver Sneakers® Yoga temporarily suspended	Silver Sneakers® Classic temporarily suspended	
		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 5:30 - 6pm	HIIT 5:30 - 6pm	XE Core temporarily suspended	

* Manchester Firefighter Private Class

Check the [MLFitnessTraining.com](https://www.mlfittnesstraining.com) website or the  **MindBody app** on your cell phone for the most current schedule and to reserve your spot in your favorite class!