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| CLASS SCHEDULE |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| **Cardio!**6:30 - 7am | **Lower Strength**6:30 - 7am | **Core Strength**6:30 - 7am | **Stretch & Flex**6:30 - 7am | **Body Weight**6:30 - 7am |  |
| **Silent Cycle**7 - 8am | **Silent Cycle**7 - 8am | **Silent Cycle**7 - 8am | **Silent Cycle**7 - 8am | **Silent Cycle**7 - 8am |  |
| **Total Body Fitness**7 - 7:30am | **Total Body Fitness**7 - 7:30am | **Total Body Fitness**7 - 7:30am | **Upper Strength**7 - 7:30am | **Total Body Fitness**7 - 7:30am |  |
| **Silent Cycle**8 - 9am | **Silent Cycle**8 - 9am | **Silent Cycle**8 - 9am | **Silent Cycle**8 - 9am | **Silent Cycle**8 - 9am | **Silent Cycle**8 - 9am |
| **Senior Strength**9:30 - 10:30am |  |  |  | **Senior Strength**9:30 - 10:30am | **Saturday Strength Sesh**9 - 9:45am |
|  |  |  |  |  | **Silent Cycle**9 - 10am |
|  |  |  |  |  |  |
| **Silent Cycle**5 - 6pm | **Silent Cycle**5 - 6pm | **Silent Cycle**5 - 6pm | **Silent Cycle**5 - 6pm |  |  |
| **Total Body Strength**5:30 - 6pm | **HIIT**5:30 - 6pm | **Total Body Strength**5:30 - 6pm | **HIIT**5:30 - 6pm |  |  |
| Check the **MLFitnessTraining.com** website or the MINDBODY**MindBody app** on your cell phonefor the most current schedule and to **reserve your spot** in your favorite class! |