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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 phone for the most current schedule and to **reserve your spot** in your favorite class! | | | | | |