




CLASS SCHEDULE

beginning July 1, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cardio! 6:30 - 7am	Lower Strength 6:30 - 7am	Core Strength 6:30 - 7am	Upper Strength 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	New! Stretch & Flex 7 - 7:30am	Total Body Fitness 7 - 7:30am	
					Saturday Strength Sesh 8:30 - 9:15am
Silent Cycle 8 - 9am	Silent Cycle 8 - 9am	Silent Cycle 8 - 9am	Silent Cycle 8 - 9am	Silent Cycle 8 - 9am	Silent Cycle 8:30 - 9:30am
Senior Strength 9:30 - 10:30am	Silver Sneakers® Classic 9:30 - 10:30am		Silver Sneakers® Classic 9:30 - 10:30am	Senior Strength 9:30 - 10:30am	Silent Cycle 9:30 - 10:30am
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 app** on your cell phone for the most current schedule and to **reserve your spot** in your favorite class!