




# CLASS SCHEDULE

beginning September 15, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Cardio!</b> 6:30 - 7am	<b>Lower Strength</b> 6:30 - 7am	<b>Core Strength</b> 6:30 - 7am	<b>Stretch &amp; Flex</b> 6:30 - 7am	<b>Body Weight</b> 6:30 - 7am	
<b>Silent Cycle</b> 7 - 8am	<b>Silent Cycle</b> 7 - 8am	<b>Silent Cycle</b> 7 - 8am	<b>Silent Cycle</b> 7 - 8am	<b>Silent Cycle</b> 7 - 8am	
<b>Total Body Fitness</b> 7 - 7:30am	<b>Total Body Fitness</b> 7 - 7:30am	<b>Total Body Fitness</b> 7 - 7:30am	<b>Upper Strength</b> 7 - 7:30am	<b>Total Body Fitness</b> 7 - 7:30am	
<b>Silent Cycle</b> 8 - 9am	<b>Silent Cycle</b> 8 - 9am	<b>Silent Cycle</b> 8 - 9am	<b>Silent Cycle</b> 8 - 9am	<b>Silent Cycle</b> 8 - 9am	<b>Silent Cycle</b> 8 - 9am
<b>Senior Strength</b> 9:30 - 10:30am	<b>Senior Fitness</b> 9:30 - 10:30am		<b>Silver Sneakers® Circuit</b> 9:30 - 10:30am	<b>Senior Strength</b> 9:30 - 10:30am	<b>Saturday Strength Sesh</b> 9 - 9:45am
					<b>Silent Cycle</b> 9 - 10am
<b>Silent Cycle</b> 5 - 6pm	<b>Silent Cycle</b> 5 - 6pm	<b>Silent Cycle</b> 5 - 6pm	<b>Silent Cycle</b> 5 - 6pm		
<b>Total Body Strength</b> 5:30 - 6pm	<b>HIIT</b> 5:30 - 6pm	<b>Total Body Strength</b> 5:30 - 6pm	<b>HIIT</b> 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!