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| CLASS SCHEDULE |
| ***Monday***  Total Body Fitness 6:30 – 7:15am  Senior Strength 9:30 – 10:30am  Total Body Strength 530 – 6pm  ***Tuesday***  BoXFit 6:45 – 7:30am  Senior Total Conditioning 8:30 – 9:30am  HIIT 5:30 – 6pm  ***Wednesday***  Total Body Fitness 6:30 – 7:15am  Total Body Strength 5:30 – 6pm  ***Thursday***  BoXFit 6:45 – 7:30am  Senior Strength 9 – 10am  HIIT 5:30 – 6pm  ***Friday***  Total Body Fitness 6:30 – 7:15am  Senior Total Conditioning 8:30 – 9:30am  Senior Strength 9:30 – 10:30am  ***Saturday***  Saturday Strength Sesh 8 – 8:45am  BoXFit 9:15 - 10am  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! |