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