



CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Total Body Fitness 6:30 – 7:15am	BoXFit 6:45 - 7:30am	Total Body Fitness 6:30 – 7:15am	BoXFit 6:45 – 7:30am	Total Body Fitness 6:30 – 7:15am	
					Saturday Strength Sesh 8 – 8:45 am
	Senior Total Conditioning 830-930am	Senior Strength 9:30 - 10:30am	Senior Strength 9 – 10am	Senior Total Conditioning 830-930am	BoXFit 9:15 – 10am
Senior Strength 9:30 - 10:30am				Senior Strength 9:30 - 10:30am	
Circuit Training 5:30 - 6pm	HIIT 5:30 - 6pm	Circuit Training 5:30 - 6pm	HIIT 5:30 - 6pm		

Open Gym Hours

Monday = 6:30am – 2pm


Tuesday = 6:30am – 2pm

Wednesday = 6:30am – 12pm

Thursday = 6:30am – 2pm

Friday = 6:30am – 2pm

Saturday = 8:00am – 10:30am

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!