



## CLASS SCHEDULE

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