



Milford All Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
M O R N I N G	Spin Dayna 5:15-6:15 AM	Barre Dani 5:15-6:15 AM	Spin Michael 5:15-6:15 AM		Spin Emily 5:15-6:15 AM		
	LITE Tone Krissie 8:30-9:00AM					Zumba 8:00-9:00AM Christine	
	Spin Krissie 9:00-10:00AM	LITE Cardio Marie 8:30-9:00AM	LITE Tone Marie 8:30-9:00AM	LITE Tone Lisa 8:30-9:00AM	LITE Yoga Marie 8:30-9:00AM		
	Cardio Fusion Marie 9:00-10:00AM	Spin Marie 9:00-10:00AM		CORE NRG Lisa 9:00-9:45AM	Cardio Explosion Marie 9:00-10:00AM	Spin Krissie 9:00-10:00AM	
	Cardio Fusion Marie 9:00-10:00AM	Vinyasa Yoga Julie 9:00-10:00AM	Cardio - F.I.T. Marie 9:00-9:45AM	Vinyasa Flow Julie 10:00-11:00AM	Muscle Krissie 10:00-11:00AM	Pilates Fusion Terry 9:00-10:00AM	Spin Emily 9:00-10:00 AM
	Barre Carrie Ann 10:00-11:00AM		Muscle Marie 9:45-10:30AM				
E V E N I N G	Muscle Krissie 4:15-5:00 PM		Muscle Krissie 4:15-5:00 PM	Gentle Yoga Marie 4:15-5:00PM			
	Bootcamp Alexa 5:30-6:15 PM		Spin Dayna 5:30-6:15 PM	Rip and Ride Christine 6:00-7:00PM			
	Karate Paul 7:00-8:00 PM	BARRE Fusion Terry 6:00-7:00PM	Bootcamp Alexa 6:00-6:45PM	Karate Paul 7:00-8:00 PM			