



# Milford All Class Schedule

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Spin</b> Dayna 5:15-6:15 AM		<b>Spin</b> Michael 5:15-6:15 AM		<b>Spin</b> Emily 5:15-6:15 AM		
					<b>Zumba</b> 8:00-9:00AM Christine	
<b>LITE Tone</b> Krissie 8:30-9:00AM	<b>LITE Cardio</b> Marie 8:30-9:00AM	<b>LITE Tone</b> Marie 8:30-9:00AM	<b>LITE Tone</b> Andrea 8:30-9:00AM	<b>LITE Yoga</b> Marie 8:30-9:00AM		
<b>Spin</b> Krissie 9:00-10:00AM	<b>Spin</b> Marie 9:00-10:00AM	<b>Cardio - F.I.T.</b> Marie 9:00-10:00AM	<b>Groove and Sculpt</b> Andrea 9:00-9:45AM	<b>Cardio Explosion</b> Marie 9:00-10:00AM	<b>Spin</b> Krissie 9:00-10:00AM	
<b>Cardio Fusion</b> Marie 9:00-10:00AM	<b>Vinyasa Yoga</b> Julie 9:15-10:15AM	<b>Muscle</b> Marie 10:00-10:45AM	<b>Spin</b> Krissie 9:00-10:00AM	<b>Muscle</b> Krissie 10:00-11:00AM	<b>Pilates Fusion</b> Terry 9:00-10:00AM	<b>Spin</b> Emily 9:00-10:00 AM
			<b>Vinyasa Flow</b> Julie 10:00-11:00AM			
<b>Muscle</b> Krissie 4:15-5:00 PM		<b>Muscle</b> Krissie 4:15-5:00 PM	<b>Gentle Yoga</b> Marie 4:00-5:00PM			
<b>Bootcamp</b> Alexa 5:30-6:15 PM	<b>BARRE Fusion</b> Terry 6:00-7:00PM	<b>Spin</b> Dayna 5:30-6:15 PM	<b>Rip and Ride</b> Christine 6:00-7:00PM			
<b>Karate</b> Paul 7:00-8:00 PM	<b>Spin</b> Krissie 6:30-7:30PM	<b>Bootcamp</b> Alexa 6:00-6:45PM	<b>Karate</b> Paul 7:00-8:00 PM			