



Milford All Class Schedule

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<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Spin Emily 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	LITE Cardio Marie 8:30-9:00AM	LITE Tone Marie 8:30-9:00AM	LITE Tone Andrea 8:30-9:00AM	LITE Yoga Marie 8:30-9:00AM		
Spin Krissie 9:00-10:00AM	Spin Marie 9:00-10:00AM	Tabata Marie 9:00-10:00AM	Groove and Sculpt Andrea 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 9:15-10:15AM	Muscle Marie 10:00-10:45AM	Spin Krissie 9:00-10:00AM	Muscle Krissie 10:00-11:00AM	Pilates Fusion Terry 9:00-10:00AM	Spin Emily 9:00-10:00 AM
			Vinyasa Flow Julie 10:00-11:00AM			
Bootcamp Alexa 5:30-6:15 PM	BARRE Fusion Terry 6:00-7:00PM		Rip and Ride Christine 6:00-7:00PM			
Karate Paul 7:00-8:00 PM	Spin Krissie 6:30-7:30PM	Bootcamp Paul S 6:00-6:45PM	Karate Paul 7:00-8:00 PM			