



SCHEDULE/Milford

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



BURN
Molly
10:00am



STRENGTH
Dan
6:00am



BURN
Dan
5:30am



FOUNDATION
Dan
6:00am



STRENGTH
Dan
6:00am



FOUNDATION
Devin DeLarosa
7:30am



STRENGTH
Dan
10:00am



FOUNDATION
Devin Delarosa
6:00pm



STRENGTH
Molly
5:30pm



BURN
Brian
9:00am



BURN
Molly
9:00am



BURN
Molly
6:00pm