

FITLAB **FITNESS CLUB**

Group Fitness Class Schedule - Milford, NH

603-673-0800 – Group Fitness Director: KrisGirouard@yahoo.com

MONDAY

9:15 AM
BodyPump– Kathy G

5:30 PM
BARRE - Nicole
6:30 – 7:15 PM
Yoga – Jennifer

All classes are one hour unless otherwise noted.

**Join us on
FaceBook
FITLAB Fitness
Group Exercise**

TUESDAY

9:15 – 10:00 AM
Cardio Boxing - Karen R
10:00 – 10:30 AM
Core Training – Karen R

5:30 PM
BodyPump – Danielle

Group Fitness provides a safe, progressive and challenging environment for ALL members!

WELCOME TO CLASS!!

Winter months –
No School or Delayed =
NO AM CLASSES
Call for other classes.

WEDNESDAY

9:15 AM
BodyPump - Karen R

5:15 PM
Zumba – Karen R

Day Care Hours
Monday - Friday
8:30 AM – 1:00 PM
4:00 – 8:00 PM
Saturday
8:30 am – 12:00 PM

THURSDAY

9:15 AM
Yoga - Rose

5:30 PM
BodyPump - Danielle/Kathy

FRIDAY

CLUB HOURS
Monday – Friday 8:30 – 12:00 PM
And 4 – 7 PM
Saturday 8:00 – 12:00 PM

SATURDAY

8:30 – 9:15 AM
BARRE – Nicole
9:15 – 10:15 AM
BodyPump – Mary K

SUNDAY

9:00 AM
Yoga - Jennifer

**Effective date:
December 1, 2017**