

FITLAB

FITNESS CLUB

Group Fitness Class Schedule - Milford, NH

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

MONDAY

9:15 AM

Circuit Training - 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 - Mark

10:00 – 10:30 AM

Core Training – Mark

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 - Kathy

5:30 PM

Cardio Kickboxing –
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 – Melissa N

5:30 PM

BodyPump - Danielle/Carlos

FRIDAY

Club hours

Monday – Thursday 5 AM – 10:00 PM

Friday 5 AM – 9 Pm

Saturday 7 AM – 6:00 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:

October 22, 2018