

Milton Hill Sport & Spa

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM		Spinning w/Fionuala	HiTT w/Jordan	Spinning w/Fionuala	Boot Camp w/Jordan	Spinning w/Fionuala	
8:30 AM							Pilates w/Chris
9:30 AM		Boot Camp w/Chris		Kombat w/Bruno		X-Training w/Chris	Spinning w/Jim
11:00 AM							
6:00 PM		Boot Camp w/Chris	Pilates w/Chris	Kombat w/Bruno	Pilates w/Chris		
7:00 PM		Yoga w/Francesca	Spinning w/Johanna	Yoga w/Francesca	Spinning w/Jim		

www.MiltonHillSport.com

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