











MILLER PLACE SQUAD SCHEDULE









MONDAY

5:45am  RYDE
5:45am  STRONG
8:15am  SWEAT
9:30am  SWEAT
11:30am  S. SWEAT
5:45pm  SWEAT





TUESDAY

5:45am  RYDE
9:30am  STRONG
4:30pm  STRONG
5:45pm  RYDE




WEDNESDAY

5:45am  STRONG
8:15am  SWEAT
9:30am  SWEAT
11:30am  S. SWEAT
5:30pm  SWEAT
6:30pm  FLOW




THURSDAY

8:15am  RYDE
9:30am  STRONG
4:30pm  STRONG
5:45pm  RYDE




FRIDAY

5:45am  RYDE
8:15am  SWEAT
9:30am  STRONG

SATURDAY

8:15am  SWEAT
9:30am  RYDE
10:30am  FLOW

SUNDAY

8:15am  SWEAT
8:15am  RYDE
9:30am  RYDE

CONTACT

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