








# MILLER PLACE SQUAD SCHEDULE







## MONDAY

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5:45am  RYDE  
5:45am  STRONG  
8:15am  SWEAT  
9:30am  SWEAT  
11:30am  SR. SWEAT  
5:45pm  SWEAT  
6:30pm  STRONG








## TUESDAY

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





## WEDNESDAY

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5:45am  STRONG  
8:00am  FLEX  
8:15am  SWEAT  
9:30am  SWEAT  
11:30am  SR. SWEAT  
5:30pm  SWEAT  
6:30pm  FLOW





## THURSDAY

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




## FRIDAY

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





## SATURDAY

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

## SUNDAY

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

## CONTACT

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