

MAFC GROUP FITNESS: SEPTEMBER 28th - OCTOBER 31st, 2020

GYMNASIUM

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am	<i>Instructor will permit entry for members to clean/set up equipment they will use</i>					
8:40am - 9:05am	Boot Camp Express	Dance Cardio Express	Boot Camp Express	Dance Cardio Express	Boot Camp Express	
9:05am	<i>Members to clean and put away equipment that was used</i>					
9:15am	<i>Instructor will permit entry for members to clean/set up equipment they will use</i>					
9:25am - 9:50am	Boot Camp Express	Dance Cardio Express	Boot Camp Express	Dance Cardio Express	Boot Camp Express	Dance Cardio Express
9:50am	<i>Members to clean and put away equipment that was used</i>					
10:00am	<i>Instructor will permit entry for members to clean/set up equipment they will use</i>					
10:10am - 10:35am	Boot Camp Express	Dance Cardio Express	Boot Camp Express	Dance Cardio Express	Boot Camp Express	Dance Cardio Express
10:35am	<i>Members to clean and put away equipment that was used</i>					
5:00pm	<i>Instructor will permit entry for members to clean/set up equipment they will use</i>					
5:10pm - 5:35pm	Boot Camp Express	Dance Cardio Express	Boot Camp Express	Dance Cardio Express		
5:35pm	<i>Members to clean and put away equipment that was used</i>					
5:45pm	<i>Instructor will permit entry for members to clean/set up equipment they will use</i>					
5:55pm - 6:20pm	Boot Camp Express	Dance Cardio Express	Boot Camp Express	Dance Cardio Express		
6:20pm	<i>Members to clean and put away equipment that was used</i>					
6:30pm	<i>Instructor will permit entry for members to clean/set up equipment they will use</i>					
6:40pm - 7:05pm	Boot Camp Express	Dance Cardio Express	Boot Camp Express	Dance Cardio Express		
7:05pm	<i>Members to clean and put away equipment that was used</i>					