

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

STUDIO A

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:50am	<i>Instructor will permit entry for members to clean/set up equipment they will use</i>					
6:00am - 6:25am	Circuit Express		HIIT Express			
6:25am	<i>Members to clean and put away equipment that was used</i>					
8:20am	<i>Instructor will permit entry for members to clean/set up equipment they will use</i>					
8:30am - 8:55am	Kickbox Express	Circuit Express	Strong Seniors & Brave Beginners	HIIT Express	Cycle Express	
8:55am	<i>Members to clean and put away equipment that was used</i>					
9:05am	<i>Instructor will permit entry for members to clean/set up equipment they will use</i>					
9:15am - 9:40am	Abs & Glutes	Upper Body Blast	Complete Core	Lower Body Blast	Strength Express	Circuit Express
9:40am	<i>Members to clean and put away equipment that was used</i>					
9:50am	<i>Instructor will permit entry for members to clean/set up equipment they will use</i>					
10:00am - 10:25am	Kickbox Express	Circuit Express	Strong Seniors & Brave Beginners	HIIT Express	Cycle Express	Circuit Express
10:25am	<i>Members to clean and put away equipment that was used</i>					
4:50pm	<i>Instructor will permit entry for members to clean/set up equipment they will use</i>					
5:00pm - 5:25pm	Kickbox Express	Cycle Express	HIIT Express	Circuit Express		
5:25pm	<i>Members to clean and put away equipment that was used</i>					
5:35pm	<i>Instructor will permit entry for members to clean/set up equipment they will use</i>					
5:45pm - 6:10pm	Strength Express	Abs & Glutes	Upper Body Blast	Cycle Express		
6:10pm	<i>Members to clean and put away equipment that was used</i>					
6:20pm	<i>Instructor will permit entry for members to clean/set up equipment they will use</i>					
6:30pm - 6:55pm	Lower Body Blast	Cardio Express	Circuit Express	Barre Express		
6:55pm	<i>Members to clean and put away equipment that was used</i>					