

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

CONFERENCE ROOM

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Please bring your own personal YOGA MAT to Conference Room classes.						
8:40am	Instructor will permit entry for members to clean/set up equipment they will use					
8:50am - 9:15am	Beginner Yoga Stretch Express	Barre Burn Express	Vinyasa Yoga Express		Yogalates Express	Pilates Express
9:15am	Members to clean and put away equipment that was used					
9:25am	Instructor will permit entry for members to clean/set up equipment they will use					
9:35am - 10:00am	Yoga Stretch Express	Pilates Express	Beginner Yoga Stretch Express		Flow Fusion Express	Yoga Stretch Express
10:00am	Members to clean and put away equipment that was used					
10:10am	Instructor will permit entry for members to clean/set up equipment they will use					
10:20am - 10:45am	Gentle Chair Yoga Stretch Express	Flow Fusion Express	Gentle Chair Yoga Stretch Express		Barre Burn Express	Yoga Stretch Express
10:45am	Members to clean and put away equipment that was used					
10:55am	Instructor will permit entry for members to clean/set up equipment they will use					
11:05am - 11:30am	Gentle Chair Yoga Stretch Express		Gentle Chair Yoga Stretch Express			
11:30am	Members to clean and put away equipment that was used					
5:10pm	Instructor will permit entry for members to clean/set up equipment they will use					
5:20pm - 5:45pm	Beginner Yoga Stretch Express		Yoga Stretch Express			
5:45pm	Members to clean and put away equipment that was used					
5:55pm	Instructor will permit entry for members to clean/set up equipment they will use					
6:05pm - 6:30pm	Vinyasa Yoga Express		Pilates Express			
6:30pm	Members to clean and put away equipment that was used					
6:40pm	Instructor will permit entry for members to clean/set up equipment they will use					
6:50pm - 7:15pm	Beginner Yoga Stretch Express		Yoga Stretch Express			
7:15pm	Members to clean and put away equipment that was used					