



STRENGTH & CONDITIONING

December 2019 Schedule

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 am	MFC S&C Group Class	MFC S&C Group Class	MFC S&C Group Class	MFC S&C Group Class	MFC S&C Group Class	
5:45 am	<i>Studio Class *scheduled training available</i>	MFC S&C Group Class	<i>Studio Class *scheduled training available</i>	MFC S&C Group Class	<i>Studio Class</i>	
6:30 am	MFC S & C OPEN GYM	MFC S & C OPEN GYM	MFC S & C OPEN GYM	MFC S & C OPEN GYM	MFC S & C OPEN GYM	
7:00 am	MFC S & C OPEN GYM	MFC S & C OPEN GYM	MFC S & C OPEN GYM	MFC S & C OPEN GYM	MFC S & C OPEN GYM	MFC S&C Group Class
8:00 am	<i>Studio Class</i>	MFC S & C OPEN GYM	<i>Studio Class</i>	MFC S & C OPEN GYM	<i>Studio Class</i>	<i>Studio Class</i>
9:00	<i>Studio Class</i>	MFC S & C OPEN GYM	<i>Studio Class</i>	MFC S & C OPEN GYM	<i>Studio Class</i>	<i>Studio Class</i>
10:00	MFC S & C OPEN GYM	<i>Studio Class</i>	MFC S & C OPEN GYM	<i>Studio Class</i>	MFC S & C OPEN GYM	MFC S & C OPEN GYM
11:00	MFC S & C OPEN GYM	MFC S & C OPEN GYM	MFC S & C OPEN GYM	MFC S & C OPEN GYM	MFC S & C OPEN GYM	
12:00 pm	<i>Studio Class</i>	<i>Studio Class</i>	<i>Studio Class</i>	<i>Studio Class</i>		
1:00	X	MFC S & C OPEN GYM	X	MFC S & C OPEN GYM	X	
4:00 pm	MFC S & C OPEN GYM	MFC S & C OPEN GYM	MFC S & C OPEN GYM	MFC S & C OPEN GYM	X	
5:15 pm	<i>Studio Class</i>	MFC S & C OPEN GYM	MFC S & C OPEN GYM	<i>Studio Class</i>	X	
6:15 pm	<i>Studio Class</i>	MFC S & C OPEN GYM	<i>Studio Class</i>	MFC S & C OPEN GYM	X	