



MFC Sports Performance Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30 a.m. Adult Boot Camp		8:00 a.m. Adult Boot Camp		8:00 a.m. Adult Boot Camp	9:00 a.m. Adult Boot Camp	
					12:00 p.m. 14 and Older Open Group	
5:00 p.m. 8 – 13 Year Old Open Group	5:00 p.m. 8 – 13 Year Old Open Group	5:00 p.m. 8 – 13 Year Old Open Group	5:00 p.m. 8 – 13 Year Old Open Group	5:00 p.m. 8 – 13 Year Old Open Group		
		6:00 p.m. Adult Boot Camp				
7:15 p.m. 14 and Older Open Group	7:00 p.m. 14 and Older Open Group	7:15 p.m. 14 and Older Open Group	7:00 p.m. 14 and Older Open Group.	6:00 p.m. 14 and Older Open Group		
7:30 p.m. Adult Boot Camp	7:00 p.m. Adult Boot Camp		7:00 p.m. Adult Boot Camp	6:30 p.m. Adult Boot Camp		
				<p>Try a session for FREE!!! 630-796-2537 MFCsportsPerformance.com All classes, instructors, and times are subject to change.</p>		