



2024-25 MFC Holiday Schedule December 9 - January 5

Schedule subject to change. For most current schedule refer to the online booking system.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Facility open regular hours, unless specified.	9 Group Fitness: 9:15am Walk It Out 12:10pm Yogalates 1:00pm Nap or Stretch 5:15pm Core & More	10 Group Fitness: 9:15am Mpowered 12:10pm Barre 5:15pm Power & Stability 6:15pm Zumba	11 Group Fitness: 9:15am Line Dancing 12:10pm Yoga 5:15pm Step 5:45pm Core & Stretch	12 Group Fitness: 9:15am Interval Groove 12:10pm Core & More 6:15pm Boot Camp	13 Group Fitness: 9:00am Yoga 12:10pm Power & Stability	14 Group Fitness: 9:15am Step & Pump
15 No Classes	16 Group Fitness: 9:15am Walk It Out 12:10pm Yogalates 5:15pm Core & More	17 Group Fitness: 9:15am Mpowered 12:10pm Barre 5:15pm Power & Stability	18 Group Fitness: 9:15am Line Dancing 12:10pm Yoga 5:15pm Cardio & Core	19 Group Fitness: 9:15am Interval Groove 12:10pm Core & More	20 Group Fitness: 9:00am Yoga	21 Group Fitness: 9:15am Step & Pump
22 Hours of Operation: 9:00am -5:00pm No Classes	23 CLOSED	24 CLOSED	25 CLOSED	26 CLOSED	27 Hours of Operation: 7:00 am-8:00 pm Group Fitness: 9:00am Yoga	28 Hours of Operation: 8:00 am-5:00 pm Group Fitness: 9:15am Step & Pump
29 Hours of Operation: 9:00am -5:00pm No Classes	30 Hours of Operation: 7:00am -8:00pm Group Fitness: 9:15am Mpowered 5:15pm Yoga	31 Hours of Operation: 7:00am -2:00pm No Classes	Jan 1 CLOSED	2 Group Fitness: 9:15am Interval Groove 12:10pm Core & More	3 Group Fitness: 9:00am Yoga 12:10pm Power & Stability	4

Regular Facility Hours of Operation resume on January 2, 2025.

The Winter Group Fitness Schedule begins January 6, 2025.