


GROUP FITNESS CLASS SCHEDULE

Sample schedule. Visit msvu.ca/fit for bi-weekly class options.

In-person and Hybrid class options available. Hybrid Classes are offered in-person and virtually, at the same time.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15-10:00am Walk & Step	9:15-10:00am MPowered	9:15-10:00am Total Body Fusion	9:15-10:00am Interval Groove	9:00-10:00am Yoga	9:15-10:00am Step & Pump
12:10-12:55pm Yogalates Hybrid Class	12:10-12:55pm Bands & Balls Hybrid Class	12:10-12:55pm Yoga Hybrid Class	12:10-12:55pm Core & More Hybrid Class	12:10-12:55pm Power & Stability Hybrid Class	10:15-11:00am Yoga
1:00-1:30pm Relaxation	5:15-6:00pm Power & Stability Hybrid Class	5:15-5:45pm Step Hybrid Class	6:00-6:45pm Boot Camp	<p>For up-to-date class schedules, descriptions and to book your class, please scan the QR code or visit our website.</p> 	
5:15-6:00pm Interval Step Hybrid Class	6:15-7:15pm Zumba	5:45-6:15pm Core & Stretch Hybrid Class			

msvu.ca/fit