

2025-26 MFC Holiday Schedule

December 8 - January 4

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Facility is open regular hours, unless specified.	8 Group Fitness: 9:15am Intro Circuit 12:10pm Yoga Fusion 5:15pm Interval Step	9 Group Fitness: 9:15am Mpowered 12:10pm Bands & Balls 5:15pm Power & Stability 6:15pm Zumba	10 Group Fitness: 9:15am Body Balance 12:10pm Yoga 5:15pm Step & Core	11 Group Fitness: 9:15am Interval Groove 12:10pm Core & More 5:15pm Boot Camp	12 Group Fitness: 9:00am Yoga 12:10pm Power & Stability	13 Group Fitness: 9:00am Step & Pump
14 No Classes	15 Group Fitness: 12:10pm Yoga Fusion 5:15pm Interval Step	16 Group Fitness: 9:15am Mpowered 12:10pm Bands & Balls 5:15pm Power & Stability	17 Group Fitness: 9:15am Body Balance 12:10pm Yoga 5:15pm Step & Core	18 Group Fitness: 9:15am Interval Groove 12:10pm Core & More 5:15pm Boot Camp	19 Group Fitness: 12:10pm Power & Stability	20 Group Fitness: 9:00am Step & Pump
21 No Classes	22 Hours of Operation: 7:00am - 8:00pm Group Fitness: 12:10pm Yoga 5:15pm Interval Step	23 Hours of Operation: 7:00am - 12:00pm No Classes	24 CLOSED	25 CLOSED	26 CLOSED	27 Hours of Operation: 8:00am - 5:00pm Group Fitness: 9:00am Step & Pump
28 Hours of Operation: 9:00am - 5:00pm No Classes	29 Hours of Operation: 7:00am - 8:00pm Group Fitness: 9:15am Body Balance 5:15pm Interval Step	30 Hours of Operation: 7:00am - 8:00pm Group Fitness: 9:15am Mpowered 5:15pm Boot Camp	31 Hours of Operation: 7:00am - 2:00pm No Classes	Jan 1 CLOSED	2 Hours of Operation: 7:00am - 8:00pm Group Fitness: 9:00am Yoga	3 Hours of Operation: 8:00am - 5:00pm Group Fitness: 9:00am Step & Pump

Regular MFC hours of operation resume on January 2, 2026.
The Winter Group Fitness Schedule begins January 5, 2026.