



GROUP FITNESS CLASSES

Fall Schedule - Starts September 5, 2023

For up-to-date class information, check our booking system at msvu.ca/fit. Classes are posted 14 days in advance.

*This represents a one week sample schedule. These classes are subject to change.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 - 10:00am Walk It Out with Melissa	9:15 - 10:00am Step & Pump with Delores	9:15 - 10:00am MPowered with Delores	9:15 - 10:00am Interval Groove with Melissa	9:00 - 10:00am Stretch it Out with Charles	9:15 - 10:00am Step & Pump with Delores
12:10 - 12:55pm HIIT Yoga Hybrid Class with Annie	12:10 - 12:55pm Barre Fitness Hybrid Class with Melissa	12:10 - 12:55pm Yoga Hybrid Class with Melissa	12:10 - 12:55pm Core & More Hybrid Class with Delores	12:30 - 1:15pm Total Body Toning Hybrid Class with Ocean	
	5:15 - 6:00pm Strength Yoga Hybrid Class with Charles	5:15 - 5:45pm Cardio Burn Hybrid Class with Keri	5:30 - 6:15pm Barre Fitness Hybrid Class with Bayan		
5:45 - 6:15pm Core & More Hybrid Class with Melissa	6:15 - 7:15pm Zumba with Tina Starts Sept. 12	5:45 - 6:15pm Core & Stretch Hybrid Class with Keri			

Drop-in or book your fitness class in advance at

msvu.ca/fit