

GROUP FITNESS CLASSES

Effective: May 4, 2026

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

9:15-10:00am
Classic Cardio

9:15-10:00am
Total Body
Toning

9:15-10:00am
Body Balance

9:15-10:00am
Step & Pump

9:00-10:00am
Yoga

9:00-10:00am
Step & Pump
Hybrid Class

12:10-12:55pm
Yoga Fusion
Hybrid Class

12:10-12:55pm
Functional
Fitness
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

10:15-11:15am
Kick & Tone

5:15-6:00pm
Interval Step
Hybrid Class

5:15-6:00pm
Power & Stability
Hybrid Class

5:15-5:45pm
Core & Stretch
Hybrid Class

5:15-6:00pm
Boot Camp

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

6:15-7:15pm
Zumba

5:45-6:15pm
Core & Stretch
Hybrid Class

For up-to-date class schedules, instructor information, descriptions
and to book your class, please scan the QR code or visit our website.

msvu.ca/fit

