

GROUP FITNESS CLASSES

2025 Fall schedule updated: October 23, 2025

Visit msvu.ca/fit for updated 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 Intro Circuit	9:15-10:00am MPowered	9:15-10:00am Body Balance	9:15-10:00am Interval Groove	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 Balls & Bands 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	10:10-11:00am Dance & Tone Starts Sep. 13
5:15-6:00pm Interval Step Hybrid Class	5:15-6:00pm Power & Stability Hybrid Class	5:15-5:45pm Step Hybrid Class	5:15-6:00pm Boot Camp	For up-to-date class schedules, instructor information, descriptions and to book your class, please scan the QR code or visit our website. 	
	6:15-7:15pm Zumba	5:45-6:15pm Core & Stretch Hybrid Class			

msvu.ca/fit