


# GROUP FITNESS CLASSES

Schedule starts September 2, 2025

**Visit [msvu.ca/fit](https://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 Yogalates 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 Core & More Hybrid Class	5:15-6:00pm Power & Stability Hybrid Class	5:15-5:45pm Step Hybrid Class	5:15-6:00pm Boot Camp	<p>For up-to-date class schedules, instructor information, descriptions and to book your class, please scan the QR code or visit our website.</p> 	
	6:15-7:15pm Zumba	5:45-6:15pm Core & Stretch Hybrid Class			

**[msvu.ca/fit](https://msvu.ca/fit)**