



# GROUP FITNESS CLASSES

## Summer 2023 - Sample Schedule

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 - 10:00am <b>Walk It Out</b> In Person	9:15 - 10:00am <b>Step &amp; Pump</b> In Person	9:15 - 10:00am <b>MPowered</b> In Person		9:00 - 10:00am <b>Stretch it Out</b> In Person	9:15 - 10:00am <b>Step &amp; Pump</b> In-person
	12:10 - 12:55pm <b>Barre Fitness</b> Hybrid	12:10 - 12:55pm <b>Yoga</b> Hybrid	12:10 - 12:55pm <b>Core &amp; More</b> Hybrid	12:30 - 1:15pm <b>Total Body Toning</b> Hybrid	
5:00 - 5:45pm <b>Strength Yoga</b> Hybrid	5:00 - 5:45pm <b>MPowered</b> Hybrid	5:15 - 5:45pm <b>Cardio Burn</b> Hybrid			
		5:45 - 6:15pm <b>Core &amp; Stretch</b> Hybrid			

Drop-in or book your fitness class in advance at

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