

MUMC Employee Wellness Centre

Fitness Class Schedule -Fall 2014 Session



	Monday	Tuesday	Wednesday	Thursday	Friday
TIME	Wellness Centre 1J3	Wellness Centre 1J3	Wellness Centre 1J3	Wellness Centre 1J3	Wellness Centre 1J3
0000 - 0630	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
06:30-07:30					
07:30-12:15					
12:15-12:30			Yoga (12:15 - 1:00PM)		
12:30-13:00					
13:00-14:00					
14:00-16:00		**Spin Class (4:30 - 5:30PM)			
16:00-16:30					
16:30-17:00					
17:00-17:30		Open Gym			
17:30-18:30					
18:30-24:00					
<p>Pre-registration required for all fitness classes. Classes being September 22nd and run until December 12th. Centre is closed for Open Gym use when fitness classes are in session. Weekends are Open Gym 24hours.</p>					
<p>**Pre-registration required for Spin Classes. No drop-ins permitted due to limited number of bikes. Thank you for your cooperation and understanding.</p>					