

MUMC Employee Wellness Centre

Fitness Class Schedule –Fall 2018



	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					
07:30-12:05					
12:05-12:50					
12:15-13:00	Total Body Strength (12:15-12:45PM)	Yoga (12:15 – 1:00PM)	Total Body Strength (12:15-12:45PM)	Yoga (12:15 – 1:00PM)	
12:45-16:00	Total Body Strength (1:15-1:45PM)	Open Gym	Total Body Strength (1:15-1:45PM)	Open Gym	
16:15-17:00	Open Gym		Total Body Strength (4:00 – 4:30PM)		
16:30 - 17:30			Circuit City (4:45- 5:15PM)		
17:10-18:00					
18:00-20:00					
20:00-24:00					

Pre-registration required for all fitness classes. Centre is closed for Open Gym use when fitness classes are in session. Weekends are Open Gym 24hours.

**Pre-registration required for Spin Classes. Spin sessions are 10 weeks. No drop-ins permitted due to limited # of bikes.*