

MUMC Employee Wellness Centre

Fitness Class Schedule – Winter 2019



	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
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	HIIT (4:15-4:45PM)		Total Body Strength (4:00 – 4:30PM)	
16:30 - 17:30					
17:10-18:00		HIIT (5:15-5:45PM)			
18:00-20:00		Open Gym		Open Gym	
20:00-24:00					
<p>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.</p>					
<p><i>*Pre-registration required for Spin Classes. Spin sessions are 10 weeks. No drop-ins permitted due to limited # of bikes.</i></p>					