

# Group Class Timetable

Peak members: Access to every class | Off-peak members: Access to classes starting before 3pm



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	8-8:30 <b>ABS BLAST</b> M&B Studio		8-8:30 <b>METCON</b> Performance Studio			10:30-11:15 <b>ZUMBA</b> M&B Studio
AFTERNOON	12:15-13:00 <b>KB FIT</b> Performance Studio	12:15-13:00 <b>HIIT STRENGTH</b> Performance Studio	12:15-13:00 <b>BOOTCAMP CYCLE</b> Cycle Studio	12:15-13:00 <b>X-FIT</b> Performance Studio	12:15-13:00 <b>ENGINE</b> Performance Studio	12:15-13:00 <b>METCON</b> Performance Studio
EVENING	17:30-18:15 <b>ZUMBA</b> M&B Studio	17:30-18:15 <b>BUILD &amp; BOX</b> M&B Studio	17:30-18:00 <b>ABS BLAST</b> Active Studio	17:30-18:15 <b>BOOTCAMP CYCLE</b> Cycle Studio	17:30-18:15 <b>BARRE</b> Active Studio	 Scan for more info on our classes or visit <a href="http://qmsu.org/qmotion">qmsu.org/qmotion</a>