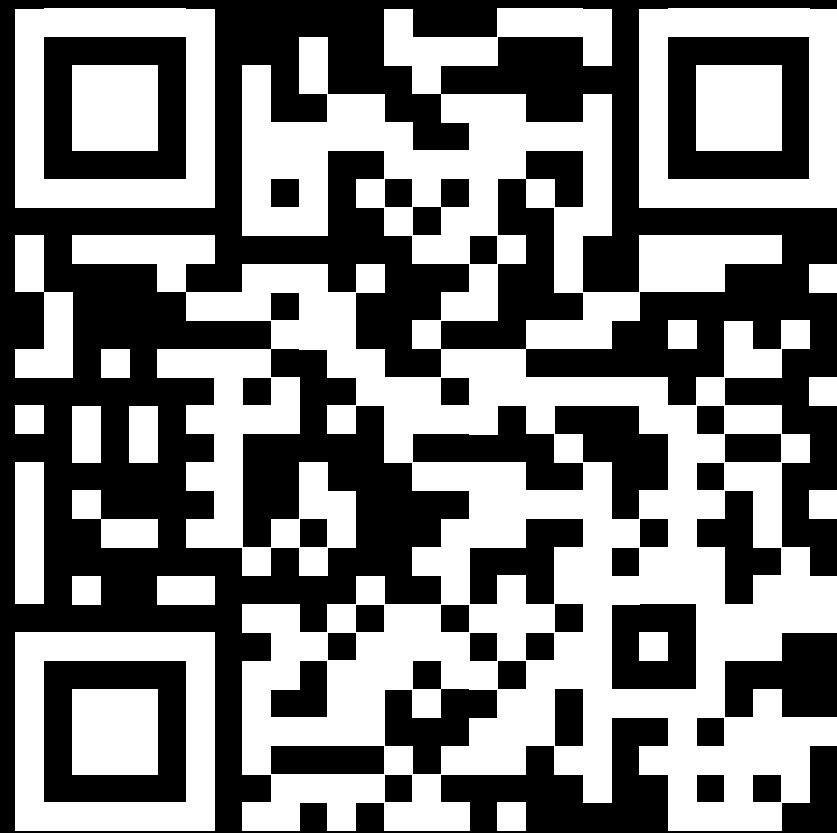


Group Class Timetable



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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	<div>8-8:30</div> <div>ABS BLAST</div> <div>M&B Studio</div>		<div>8-8:30</div> <div>METCON</div> <div>Performance Studio</div>			<div>10:30-11:15</div> <div>ZUMBA</div> <div>M&B Studio</div> <div>11:30-12:30</div> <div>VINYASA YOGA</div> <div>M&B Studio</div>
AFTERNOON	<div>12:15-13:00</div> <div>KB FIT</div> <div>Performance Studio</div> <div>12:15-13:15</div> <div>YOGALATES</div> <div>M&B Studio</div>	<div>12:15-13:00</div> <div>HIIT STRENGTH</div> <div>Performance Studio</div> <div>12:15-13:00</div> <div>DANCE FIT</div> <div>Active Studio</div>	<div>12:15-13:00</div> <div>BOOTCAMP CYCLE</div> <div>Cycle Studio</div> <div>12:15-13:15</div> <div>FLOW YOGA</div> <div>M&B Studio</div>	<div>12:15-13:00</div> <div>X-FIT</div> <div>Performance Studio</div> <div>12:15-13:15</div> <div>HATHA YOGA</div> <div>M&B Studio</div>	<div>12:15-13:00</div> <div>ENGINE</div> <div>Performance Studio</div> <div>12:15-13:00</div> <div>CYCLE</div> <div>Cycle Studio</div> <div>12:15-13:15</div> <div>YOGALATES</div> <div>M&B Studio</div>	<div>12:15-13:00</div> <div>METCON</div> <div>Performance Studio</div>
EVENING	<div>17:30-18:15</div> <div>ZUMBA</div> <div>M&B Studio</div> <div>17:30-18:15</div> <div>BOOTCAMP CYCLE</div> <div>Cycle Studio</div> <div>18:30-19:15</div> <div>FLEX & FLOW</div> <div>M&B Studio</div>	<div>17:30-18:15</div> <div>BUILD & BOX</div> <div>M&B Studio</div> <div>17:30-18:15</div> <div>BALLET FIT</div> <div>Active Studio</div> <div>18:30-19:30</div> <div>PILATES</div> <div>M&B Studio</div>	<div>17:30-18:00</div> <div>ABS BLAST</div> <div>Active Studio</div> <div>17:30-18:15</div> <div>VINYASA YOGA</div> <div>M&B Studio</div>	<div>17:30-18:15</div> <div>BOOTCAMP CYCLE</div> <div>Cycle Studio</div> <div>17:30-18:15</div> <div>BARRE</div> <div>Active Studio</div> <div>18:30-19:30</div> <div>PILATES</div> <div>M&B Studio</div>	<div>  <div> Scan for more info on our classes or visit qmsu.org/qmotion </div> </div>	