

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	7:30-8:30 GYM FOUNDATIONS Gym Floor		8:00-8:45 METCON Performance Studio	10:00-11:00 GYM FOUNDATIONS Gym Floor	8:00-8:45 BUILD & BOX M&B Studio	10:30-11:15 ZUMBA M&B Studio
	8:00-8:45 Q45 M&B Studio					10:30-11:30 GYM FOUNDATIONS Gym Floor
						11:30-12:30 VINYASA YOGA M&B Studio
AFTERNOON	12:15-13:00 KB FIT Performance Studio	12:15-13:00 HIIT STRENGTH Performance Studio	12:15-13:00 BOOTCAMP CYCLE Cycle Studio	12:15-13:00 X-FIT Performance Studio	12:15-13:00 KB FIT Performance Studio	12:15-13:00 METCON POWER Performance Studio
	12:15-13:15 YOGALATES M&B Studio	12:15-13:00 DANCE FIT Active Studio	12:15-13:15 FLOW YOGA M&B Studio	12:15-13:15 HATHA YOGA M&B Studio	12:15-13:00 CYCLE Cycle Studio	
EVENING	17:30-18:15 ZUMBA M&B Studio	17:30-18:15 ENGINE Performance Studio	17:30-18:15 CORE & LOWER BUILD Active Studio	17:30-18:15 BOOTCAMP CYCLE Cycle Studio		
	17:30-18:15 BOOTCAMP CYCLE Cycle Studio	17:30-18:15 BALLET FIT Active Studio	17:30-18:15 VINYASA YOGA M&B Studio	17:30-18:15 BARRE Active Studio		
	18:30-19:15 FLEX & FLOW M&B Studio	18:30-19:30 PILATES M&B Studio		18:30-19:30 PILATES M&B Studio		



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