# SCHEDULE

## GROUP FITNESS CLASSES

### MONDAY
- **8 - 8:50 a.m.**
  - DUMBBELL ONLY
    - Multipurpose Room
  - 
- **12 - 1 p.m.**
  - OUTDOOR YOGA
    - University Square
  - 
- **12:10 - 12:50 p.m.**
  - TOTAL BODY CONDITIONING
    - Dance Studio
  - 
- **7:30 - 8:30 p.m.**
  - YOGA
    - Multipurpose Room
  - 

### TUESDAY
- **8 - 8:50 a.m.**
  - TOTAL BODY CONDITIONING
    - Dance Studio
  - 
- **12:10 - 12:50 p.m.**
  - DUMBBELL ONLY
    - Multipurpose Room
  - 
- **12 - 1 p.m.**
  - OUTDOOR ZUMBA
    - Morisset Terrace
  - 
- **4 - 5 p.m.**
  - HIGH-INTENSITY INTERVAL TRAINING (HIIT)
    - Dance Studio
  - 

### WEDNESDAY
- **8 - 8:50 a.m.**
  - ABS, BUTT AND THIGHS
    - Multipurpose Room
  - 
- **12:10 - 12:50 p.m.**
  - TOTAL BODY CONDITIONING
    - Multipurpose Room
  - 
- **12:10 - 12:50 p.m.**
  - STRETCH & MOBILITY
    - Multipurpose Room
  - 
- **12 - 1 p.m.**
  - HIGH-INTENSITY INTERVAL TRAINING (HIIT)
    - Dance Studio
  - 

### THURSDAY
- **8 - 8:50 a.m.**
  - HIGH-INTENSITY INTERVAL TRAINING (HIIT)
    - Dance Studio
  - 
- **12:10 - 12:50 p.m.**
  - TOTAL BODY CONDITIONING
    - Multipurpose Room
  - 
- **12:10 - 12:50 p.m.**
  - STRETCH & MOBILITY
    - Multipurpose Room
  - 
- **7 - 8 p.m.**
  - ZUMBA
    - Multipurpose Room
  - 

### FRIDAY
- **8 - 8:50 a.m.**
  - DUMBBELL ONLY
    - Multipurpose Room
  - 
- **12:10 - 12:50 p.m.**
  - STRETCH & MOBILITY
    - Multipurpose Room
  - 
- **12:10 - 12:50 p.m.**
  - HIGH-INTENSITY INTERVAL TRAINING (HIIT)
    - Dance Studio
  - 
- **10:30 - 11:30 a.m.**
  - STRONG NATION
    - Multipurpose Room
  - 

### SATURDAY
- **10:30 - 11:30 a.m.**
  - STRETCH & MOBILITY
    - Multipurpose Room
  - 

### SUNDAY
- **10:30 - 11:30 a.m.**
  - STRONG NATION
    - Multipurpose Room
  - 

### Location

- **Dance Studio**
  - Montpetit Hall
    - (125 University Private)

- **Multipurpose Room**
  - Minto Sports Complex
    - (801 King Edward)

### Level of intensity

- All levels
- Intermediate
- Advanced

Please note that the schedule is subject to change without notice. Visit the website for more information.