



FREE FITNESS CLASSES

FOR MHC STAFF & STUDENTS

FITNESS SCHEDULE 2025

JUNE 30 - AUG 29 (NO YOGA AUG 19 AND NO BARRE JULY 7 & AUG 7)
ALL CLASSES WILL BE HELD IN H131 LOCATED IN THE PORTABLES BESIDE THE TENNIS COURTS.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------------------|---------------------|--|-------------------|--|
| 12:10pm - 12:50pm | 12:10pm - 12:50pm | 12:10pm - 12:50pm | 12:10pm - 12:50pm | 12:10pm - 12:50pm |
| BARRE w/Kim | YOGA FLOW w/Erin | NO CLASSES Please use our Fitness Centre | BARRE w/Kim | NO CLASSES Please use our Fitness Centre |