

GROUP FITNESS CLASSES

MPF SHIOCTON HS

APRIL 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 HIIT -- 5:00 pm FM -- 6:00 pm	2 NO CLASSES T&F MEET	3 HIIT -- 5:30 pm	4 FM -- 4:30 pm	5	6 HIIT -- 8:30 am FM -- 8:30 am
7	8 NO CLASSES T&F MEET	9 FM -- 5:00 pm HIIT -- 6:00 pm	10 HIIT -- 5:00 pm FM -- 6:00 pm	11 FM -- 5:00 pm HIIT -- 6:00 pm	12	13 NO CLASSES NSCA CLINIC
14	15 NO CLASSES T&F MEET	16 FM -- 4:30 pm HIIT -- 5:30 pm	17 HIIT -- 5:00 pm FM -- 6:00 pm	18 NO CLASSES T&F MEET	19 GOOD FRIDAY	20 HIIT -- 8:30 am FM -- 8:30 am
21 EASTER	22 HIIT -- 5:00 pm FM -- 6:00 pm	23 NO CLASSES T&F MEET	24 HIIT -- 5:30 pm	25 FM -- 5:30 pm	26	27 HIIT -- 8:30 am FM -- 8:30 am
28	29 NO CLASSES T&F MEET	30 NO CLASSES T&F MEET				