

GROUP FITNESS CLASSES

MPF SHIOCTON HS

MAY 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1-May HIIT -- 5:00 pm FM -- 6:00 pm	2-May NO CLASSES T&F MEET	3-May FM -- 4:30 pm HIIT -- 4:30 pm	4-May NO CLASSES Suicide Awareness Walk
5-May	6-May NO CLASSES T&F MEET	7-May NO CLASSES HOME MS T&F MEET MANAGING	8-May HIIT -- 5:00 pm FM -- 6:00 pm	9-May FM -- 5:00 pm HIIT -- 6:00 pm	10-May	11-May NO CLASSES T&F MEET
12-May MOTHER's DAY	13-May HIIT -- 5:30 pm	14-May FM -- 5:30 pm	15-May HIIT -- 5:30 pm	16-May FM -- 5:30 pm	17-May	18-May HIIT -- 8:30 am FM -- 8:30 am
19-May	20-May NO CLASSES T&F MEET	21-May FM -- 5:00 pm HIIT -- 6:00 pm	22-May HIIT -- 5:00 pm FM -- 6:00 pm	23-May NO CLASSES T&F MEET	24-May	25-May HIIT -- 8:30 am FM -- 8:30 am
26-May	27-May MEMORIAL DAY	28-May FM -- 4:30 pm HIIT -- 5:30 pm	29-May HIIT -- 4:30 pm FM -- 5:30 pm	30-May NO CLASSES T&F MEET	31-May NO CLASSES T&F MEET	1-Jun NO CLASSES T&F MEET