

# MURC **Activity Studio** drop-in schedule

Effective April 1 to June 30, 2024

## Monday

**Yoga: Hatha**

8 a.m. – 9 a.m.

**Zumba Gold**

9:30 a.m. – 10:30 a.m.

**Lunch fitness stretch**

12:15 p.m. – 1 p.m.

**Open studio time**

2:30 p.m. – 4 p.m.

**Barre fitness**

4:15 p.m. – 5 p.m.

**Yogalites**

5:15 p.m. – 6 p.m.

**Yoga: slow flow**

7:30 p.m. – 8:30 p.m.

## Tuesday

**Zumba**

7 a.m. – 8 a.m.

**Stroller fit**

11 a.m. – noon

**Lunch fitness stretch**

12:15 p.m. – 1 p.m.

**Zumba toning**

1:30 p.m. – 2:30 p.m.

**Open studio time**

2:30 p.m. – 4 p.m.

**Yoga: flow**

7:45 p.m. – 8:45 p.m.

## Wednesday

**Zumba Gold**

9:30 a.m. – 10:30 a.m.

**Lunch fitness stretch**

12:15 p.m. – 1 p.m.

**Open studio time**

2:30 p.m. – 4 p.m.

**Bloom Yoga for kids**

4-8 years | Begins April 24

4:15 p.m. – 5 p.m.

## Thursday

**Yogalates**

6:30 a.m. – 7:15 a.m.

**Step - circuit workout**

9 a.m. – 10 a.m.

**Yoga - QiGong**

10 a.m. – 11 a.m.

**Lunch fitness stretch**

12:15 p.m. – 1 p.m.

**Tai Chi**

1 p.m. – 2 p.m.

**Open studio time**

2:30 p.m. – 4 p.m.

**HIIT (High Intensity Interval Training)**

6:30 p.m. – 7:30 p.m.

## Friday

**HIIT (High Intensity Interval Training)**

7 a.m. – 8 a.m.

**ZUMBA step**

8 a.m. – 9 a.m.

**Fit flow**

9:30 a.m. – 10:30 a.m.

**Lunch fitness stretch**

12:15 p.m. – 1 p.m.

**Open studio time**

2:30 p.m. – 4 p.m.

## Saturday

**Yoga - Vinyasa**

8 a.m. – 9 a.m.

## Sunday

**Pilates | Begins April 14**

10 a.m. – 11 a.m.

**Lunch fitness stretch**

12:15 p.m. – 1 p.m.

**Open studio time**

2:30 p.m. – 4 p.m.

All dates, times and prices are subject to change without notice.



GEORGINA

Scan to register or for all Georgina drop-in schedules, visit [georgina.ca/dropin-programs](https://georgina.ca/dropin-programs).