

MVHS GYM & MEZZANINE

SEPTEMBER 21, 2009 TO MAY 31, 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1:00-5:00 Miramichi Hoops Basketball						9:00-12:00 Mini Volleyball
5:00-7:00 Senior Volleyball						1:00-500 Open Activities
7:00-9:00 Mens Soccer	8:00- 10:00 Co-Ed Volleyball	8:00-10:00 Senior Volleyball & Badminton	8:00-10:00 Co-Ed Volleyball	8:00-10:00 Senior Volleyball & Badminton		

MEZZANINE:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00-7:50 Tae Kwon Do	6:00-9:00 Tae Kwon Do	6:00-7:50 Tae Kwon Do	6:00-9:00 Tae Kwon Do		10:30-12:00 Tae Kwon Do
8:00-9:00 Fitness for Women	8:00-9:00 Fitness for Women		8:00-9:00 pm Fitness for Women			

Did you know??

Regular aerobic physical activity increases your fitness level and capacity for exercise. It also plays a role in both primary and secondary prevention of cardiovascular disease. Physical inactivity is a major risk factor for heart disease and stroke.

