

# GROUP FITNESS SCHEDULE

EFFECTIVE MAY 6 TO JUNE 27, 2024

💰 Paid membership pass required

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
7:30 AM	Barre Ela D.	GC FS	Yoga Jenna S.	GC FS	Yoga Abby G.	GC FS	Yoga Keke S.	GC FS	Barre Ela D.	GC FS				
	IMPACT Training 💰 F&P Coaches	GC SCC			IMPACT Training 💰 F&P Coaches	GC SCC			IMPACT Training 💰 F&P Coaches	GC SCC				
									U of T Run Club*	UC Steps				
10:00 AM											Barre Courtney H.	GC FS	Yoga Smriti S.	GC FS
11:00 AM											Studio HIIT F&P Coaches	GC FS		
12:00 PM	Yoga Melissa C.	AC DS	Studio HIIT F&P Coaches	GC FS	Barre Rachel T.	GC FS	Barre Rachel T.	GC FS	Studio HIIT F&P Coaches	GC FS				
5:00 PM	Cardio Dance Party Steven C.	GC FS	Yoga Niamh W.	AC DS	Yoga Abby G.	AC DS	Yoga Lauren B.	GC FS	IMPACT Training Women-Only 💰 F&P Coaches	AC SCC	<p><b>All classes are 45 minutes.</b></p> <p><b>IMPACT Training, IMPACT Proud, U of T Run Club are 60 minutes.</b></p> <hr/> <p>ACSCC - Athletic Centre SCC            ACDS – Athletic Centre Dance Studio            ACFH – Athletic Centre Field House            ACWLZ – Athletic Centre Weight Lifting Zone            GCFS – Goldring Centre Fitness Studio            GCSCC – Goldring Centre SCC            UC Steps – Meet at the steps of University College</p> <p>*Not an F&amp;P program. Starts May 15.</p>			
	5:30 PM				Studio HIIT F&P Coaches	GC FS								
6:00 PM			IMPACT Training 💰 F&P Coaches	GC SCC			IMPACT Training 💰 F&P Coaches	GC SCC						
6:30 PM	Barre Rachel G.	GC FS			Cardio Dance Party Natasha V.	GC FS	Cardio Dance Party Danielle M.	GC FS						
7:00 PM					U of T Run Club*	UC Steps								



**SPORT & REC**  
FITNESS & PERFORMANCE