

COME SWEAT WITH US ONLINE!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mornings	Big HIIT 10 a.m.	Squad Training 10 a.m.	Barre 10 a.m.	JOGA 10 a.m.	Barre 10 a.m.	Big HIIT 11 a.m.	Squad Training 11 a.m.
Afternoons	Squad Training 12 p.m.	Yoga 12 p.m.	Big HIIT 12 p.m.	Squad Training 12 p.m.	Big HIIT 12 p.m.	Barre 12 p.m.	Yoga 12 p.m.
			Meditation 2 p.m.		Meditation 2 p.m.		
Evenings	Cardio Dance Party 5 p.m.	Big HIIT 5 p.m.	Cardio Dance Party 5 p.m.	Big HIIT 5 p.m.	Squad Training 5 p.m.	Plus, check out our weekly bonus events! www.uoft.me/sportandrec	



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Join on Zoom

Meeting ID: 717 728 8216

Password: 843312



SPORT & REC