

COME SWEAT WITH US!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNINGS	Sunrise Squad 6:15 - 7 a.m. GC		Sunrise Squad 6:15 - 7 a.m. GC		Sunrise Squad 6:15 - 7 a.m. GC		
	Sunrise Squad 7:30 - 8:15 a.m. AC		Sunrise Squad 7:30 - 8:15 a.m. AC		Sunrise Squad 7:30 - 8:15 a.m. AC		
	BIG HIIT 7:15 - 7:45 a.m. GC		BIG HIIT 7:15 - 7:45 a.m. GC		BIG HIIT 7:15 - 7:45 a.m. GC		
	BIG HIIT 7:45 - 8:15 a.m. GC		BIG HIIT 7:45 - 8:15 a.m. GC		BIG HIIT 7:45 - 8:15 a.m. GC		
	BIG HIIT 8:15 - 8:45 a.m. GC		BIG HIIT 8:15 - 8:45 a.m. GC		BIG HIIT 8:15 - 8:45 a.m. GC	JOGA 8:15 - 9 a.m. GC	
	JOGA 7:30 - 8:15 a.m. GC	Barre 7:30 - 8:15 a.m. GC		JOGA 7:30 - 8:15 a.m. GC	Barre 7:30 - 8:15 a.m. GC	BIG HIIT 10:30 - 11 a.m. GC	
	Barre 8:30 - 9:15 a.m. AC	JOGA 8:30 - 9:15 a.m. AC		Barre 8:30 - 9:15 a.m. AC	JOGA 8:30 - 9:15 a.m. AC	BIG HIIT 11 - 11:30 a.m. GC	
	Fit Mix 11:15 a.m. - 12 p.m. AC				Fit Mix 11:15 - 12 p.m. AC	Cardio Dance Party 11:15 a.m. - 12 p.m. Latin Pop GC	JOGA 11:15 a.m. - 12 p.m. GC
AFTERNOONS	Studio HIIT 12:15 - 12:45 p.m. GC			The Lab 12:15 - 1 p.m. GC	Squad 12:15 - 1 p.m. GC	JOGA 12:15 - 1 p.m. GC	Yoga 12:15 - 1 p.m. Hatha GC
	JOGA 12:45 - 1:15 p.m. GC	JOGA 12:15 - 12:45 p.m. GC	JOGA 12:15 - 12:45 p.m. AC	Yoga 12:15 - 12:45 p.m. GC	Start-up Squad 12:15 - 1 p.m. GC		
	Stretch & Relax 12:15 - 1 p.m. AC				Meditation & Yoga 12:15 - 12:45 p.m. AC		
	Women-only Squad 12:15 - 1 p.m. AC	Fit Mix 12:15 p.m. - 1 p.m. AC	Barre 12:15 - 12:45 p.m. GC	Barre 12:15 - 12:45 p.m. AC	Aquafit 12:15 - 1 p.m. AC		
	Squad 12:15 - 1 p.m. GC	BIG HIIT 12:15 - 12:45 p.m. VC	Squad 12:15 - 1 p.m. GC	BIG HIIT 12:15 - 12:45 p.m. VC	Women-only Squad 1:15 - 2 p.m. AC		
		BIG HIIT 12:45 - 1:15 p.m. VC		BIG HIIT 12:45 - 1:15 p.m. VC	Women-only Start-up Squad 1:15 - 2 p.m. AC		
		Meditation & Yoga 1:15 - 2 p.m. AC			Raise the Barre 3:15 - 4 p.m. GC		
					HIIT Takeover 3:15 - 4:15 p.m. GC		
EVENINGS	Cardio Dance Party 5:15 - 6 p.m. Latin Pop AC	Yoga 5:15 - 6 p.m. GC	Cardio Dance Party 5:15 - 6 p.m. Latin Pop AC	Yoga 5:15 - 6 p.m. AC	JOGA 5:15 - 6 p.m. GC		
	Studio HIIT 5:15 - 6 p.m. GC	The Lab 5:15 - 6 p.m. GC	Squad 6:15 - 7 p.m. GC	Journey Dance™ 6:15 - 7 p.m. GC	Squad 5:15 - 6 p.m. GC		
	Squad 6:15 - 7 p.m. GC	Women-only Squad 5:15 - 6 p.m. AC	Meditation & Yoga 6:15 - 7 p.m. GC	Studio HIIT 6:15 - 7 p.m. GC			
	Meditation & Yoga 6:15 - 7 p.m. GC	Cardio Dance Party 6:15 - 7 p.m. Bollywood AC	Aquafit 6:15 - 7 p.m. AC	Cardio Dance Party 6:15 - 7 p.m. Latin Pop AC			
			Vogue 7:15 - 8 p.m. AC				

PROGRAM LOCATIONS	
GC	Goldring Centre for High Performance Sport
AC	Athletic Centre
VC	Varsity Centre Dome

- Payment and registration required
- Flexible! Stay for one or multiple sessions.
- Free; registration required

Find the detailed schedule at uoft.me/fitnessandperformance

