

GROUP FITNESS SCHEDULE

EFFECTIVE JAN. 13 TO APR. 27, 2025

💰 Paid membership pass required

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
7:15 AM	Mindful Moments Yoga Keke C.	GC FS	Barre Ela D.	GC FS	Barre Courtney H.	GC FS	Barre Rachel G.	GC FS	Mindful Moments Yoga Abby G.	GC FS				
7:30 AM	IMPACT Training 💰 F&P Coaches	GC SCC	IMPACT Training 💰 F&P Coaches	GC SCC	IMPACT Training 💰 F&P Coaches	GC SCC	IMPACT Training 💰 F&P Coaches	GC SCC	IMPACT Training 💰 F&P Coaches	GC SCC				
8:30 AM	Mindful Moments Yoga Abby G.	GC FS	Mindful Moments Yoga Jenna S.	GC FS	Mindful Moments Yoga Abby G.	GC FS	Barre Isabel C.	GC FS	Barre Rachel T. U of T Run Club*	GC FS UC Steps				
9:00 AM											Mindful Moments Yoga Lucy W.	GC FS	Cardio Dance Party Natasha V. / Anjana D.	GC FS
10:00 AM											Studio HIIT F&P Coaches	GC FS	Mindful Moments Yoga Maya G.	GC FS
11:00 AM											IMPACT Training 💰 F&P Coaches	GC SCC		
12:00 PM	Barre Rachel T.	GC FS	Studio HIIT F&P Coaches	GC FS	Mindful Moments Yoga Melissa C.	GC FS	Studio HIIT F&P Coaches	GC FS	Barre Rachel T.	GC FS	 SPORT & REC FITNESS & PERFORMANCE 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 *Not an F&P program IMPACT Training, IMPACT Proud, U of T Run Club are 60 minutes. All classes are 45 minutes.			
1:10 PM	Mindful Moments Yoga Motahareh N.	AC DS							Mindful Moments Yoga Keke C.	AC DS				
3:00 PM			Mindful Moments Yoga Suzi L.	AC DS	Mindful Moments Yoga Suzi L.	AC DS	Mindful Moments Yoga Niamh W.	AC DS	Big HIIT F&P Coaches	AC FH 2/3				
4:30 PM			Cardio Dance Party Danielle M.	GC FS			Mindful Moments Yoga Lauren B.	GC FS						
5:00 PM	Cardio Dance Party Steven C.	AC FH 2/3	IMPACT Training Women-Only 💰 F&P Coaches	AC WLZ	BIG HIIT F&P Coaches Vogue* Snoopy	AC FH GC FS	IMPACT Training Women-Only 💰 F&P Coaches	AC WLZ						
5:30 PM					IMPACT Proud Raiya T.	AC WLZ								
6:00 PM			IMPACT Training 💰 F&P Coaches	GC SCC			IMPACT Training 💰 F&P Coaches	GC SCC						
6:10 PM					Barre Jennie G.	GC FS								
7:00 PM	U of T Run Club*	UC Steps			U of T Run Club*	UC Steps								
7:10 PM					Mindful Moments Yoga Niamh W.	GC FS								