

Group Fitness Schedule

Effective September 8 to December 14, 2025

💰 Paid membership pass required

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
7:15 A.M.	Barre Keke C.	GC FS	Barre Claudia T.	GC FS	Barre Gillian V.	GC FS	Barre Rachel G.	GC FS	Yoga Silje J.	GC FS				
7:30 A.M.	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				
							U of T Run Club*	UC Steps						
8:30 A.M.	Cardio Dance Party Anjanna D.	GC FS	Yoga Kristy C.	GC FS	Yoga Abby G.	GC FS	Yoga Kristy C.	GC FS	Barre Keke C.	GC FS				
9:00 A.M.											Yoga Fiza M.	GC FS	Barre Claudia T.	GC FS
10:00 A.M.											Studio HIIT F&P Coaches	GC FS	Yoga Smriti S.	GC FS
11:00 A.M.											IMPACT Training 💰 F&P Coaches	GC SCC		
12:00 P.M.	Yoga Melissa C.	GC FS	Studio HIIT F&P Coaches	GC FS	Barre Brianna Z.	GC FS	Studio HIIT F&P Coaches	GC FS	Barre Brianna Z.	GC FS				
1:10 P.M.	Yoga Suzi L.	AC DS							Yoga Keke C.	AC DS	 <p>SPORT & REC FITNESS & PERFORMANCE</p> <ul style="list-style-type: none"> • AC DS - Athletic Centre Dance Studio • AC FH - Athletic Centre Field House • AC WLZ - Athletic Centre Weight Lifting Zone • GC FS - Goldring Centre Fitness Studio • GC SCC - Goldring Centre SCC • GC 221 - Goldring Centre Room 221 • UC Steps - Meet at the steps of University College <p>*Not an F&P program. All classes are 45 minutes. IMPACT classes and U of T Run Club are 60 minutes.</p>			
3:10 P.M.			Barre Keke C.	AC DS	Yoga Kristy C.	AC DS	Barre Keke C.	AC DS	BIG HIIT F&P Coaches	AC FH 2/3				
4:30 P.M.			Yoga Suzi L.	GC FS			Yoga Hannah A.	GC FS						
5:00 P.M.			Women-Only IMPACT Training 💰 F&P Coaches	AC WLZ	Vogue Dance	GC FS	Women-Only IMPACT Training 💰 F&P Coaches	AC WLZ						
5:10 P.M.	Cardio Dance Party Steven C.	AC FH 2/3			Cardio Dance Party Natasha V.	AC FH 2/3								
					Meditation Suzi L.	GC 221								
5:30 P.M.	IMPACT Proud	AC WLZ	Cardio Dance Party Daniella M.	GC FS										
6:00 P.M.			IMPACT Training 💰 F&P Coaches	GC SCC			IMPACT Training 💰 F&P Coaches	GC SCC						
6:15 P.M.					Barre Jennie G.	GC FS								
6:30 P.M.			Barre Rachel T.	GC FS										
7:00 P.M.	U of T Run Club*	UC Steps			U of T Run Club*	UC Steps								
7:15 P.M.					Yoga Lola L.	GC FS								