

Group Fitness Schedule

Effective April 6 to April 26, 2026

💰 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 Rachel G.	GC FS	Barre Brianna Z.	GC FS	Mindful Moments 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				
8:30 A.M.	Pilates Jacqueline S.	GC FS	Mindful Moments Yoga Kirsty C.	GC FS	Mindful Moments Yoga Abby G.	GC FS	Pilates Brianna Z.	GC FS	Barre Brianna Z.	GC FS				
9:00 A.M.											Mindful Moments Yoga Fiza M.	GC FS	Barre Claudia T.	GC FS
10:00 A.M.			Pilates Brianna Z.	GC FS							Studio HIIT F&P Coaches	GC FS	Mindful Moments Yoga Smriti S.	GC FS
											U of T Run Club*	UC Steps		
11:00 A.M.							Yoga Kirsty C.	GC FS			IMPACT Training 💰 F&P Coaches	GC SCC		
12:10 P.M.	Mindful Moments Yoga Melissa C.	GC FS	Studio HIIT F&P Coaches	GC FS	Yoga Silje J.	GC FS	Studio HIIT F&P Coaches	GC FS	Barre Keke C.	GC FS				
1:10 P.M.	Mindful Moments Yoga Maya G.	GC FS							Mindful Moments Yoga Melissa C.	GC FS				
3:10 P.M.			Barre Keke C.	GC FS	Mindful Moments Yoga Suzi L.	GC FS	Barre Keke C.	GC FS	BIG HIIT F&P Coaches	AC FH 2/3				
4:30 P.M.			Mindful Moments Yoga Kirsty C.	GC FS			Mindful Moments Yoga Hannah A.	GC FS						
5:00 P.M.			Women-Only IMPACT Training 💰 F&P Coaches	AC WLZ			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								
					Vogue Dance Snoopy	GC FS								
5:30 P.M.	IMPACT Proud F&P Coaches	AC WLZ												
	Barre Rachel T	GC FS												
6:00 P.M.			IMPACT Training 💰 F&P Coaches	GC SCC			IMPACT Training 💰 F&P Coaches	GC SCC						
6:10 P.M.					Barre Jennie G.	GC FS								
6:30 P.M.			Cardio Dance Party Danielle M.	GC FS										
7:00 P.M.	U of T Run Club*	UC Steps			U of T Run Club*	UC Steps								
7:10 P.M.					Mindful Moments Yoga Lola L.	GC FS								



SPORT & REC
FITNESS & PERFORMANCE

- 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
- BN 302 - Benson Room 302
- UC Steps - Meet at the steps of University College

- *Not an F&P program.
- All classes are 45 minutes.
- IMPACT classes and U of T Run Club are 60 minutes.