



SPORT & REC
FITNESS & PERFORMANCE

GROUP FITNESS SCHEDULE

EFFECTIVE SEPT. 11 TO DEC. 17, 2023

💰 Paid membership pass required

★ Beginner-focused

*Not an F&P program.

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
7:15 AM							Barre ★	GC FS						
7:30 AM	IMPACT Training 💰	GC SCC			IMPACT Training 💰	GC SCC			IMPACT Training 💰	GC SCC				
8:30 AM	Barre	GC FS					Cardio Dance Party	GC FS	Barre	GC FS				
9:00 AM													Cardio Dance Party	GC FS
10:00 AM											Studio HIIT	GC FS	Mindful Moments Yoga ★	GC FS
11:00 AM											IMPACT Training 💰	GC SCC		
12:00 PM	Barre	GC FS	Studio HIIT	GC FS	Barre ★	GC FS	Studio HIIT	GC FS	Barre ★	GC FS				
1:00 PM									Mindful Moments Yoga ★	AC DS				
3:00 PM			Barre	AC DS	Mindful Moments Yoga	AC DS	Barre	AC DS	Big HIIT ★	AC FH 2/3				
4:30 PM			Mindful Moments Yoga ★	GC FS										
5:00 PM	Cardio Dance Party ★	AC FH 2/3	IMPACT Training 💰 Women-Only	AC SCC East Wing	Cardio Dance Party	AC FH 2/3	IMPACT Training 💰 Women-Only	AC SCC East Wing						
5:15 PM					IMPACT Proud	AC WLZ								
5:30 PM							Mindful Moments Yoga	GC FS						
6:00 PM			IMPACT Training 💰	GC SCC			IMPACT Training 💰	GC SCC						
7:00 PM	U of T Run Club*	UC Steps			Mindful Moments Yoga	GC FS								
					U of T Run Club*	UC Steps								

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

IMPACT Training, IMPACT Proud, U of T Run Club are 60 minutes.
 All classes are 45 minutes.