


DROP-IN GROUP FITNESS SCHEDULE

EFFECTIVE SEPT. 9 TO DEC.15, 2024

💰 Paid membership pass required

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