

GROUP FITNESS SCHEDULE

EFFECTIVE JAN. 8 TO APR. 28, 2024

💰 Paid membership pass required

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
7:15 AM	Yoga Abby G.	GC FS	Barre Ela D.	GC FS	Barre Ela D.	GC FS	Barre Courtney H.	GC FS	Yoga Keke S.	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				
8:30 AM	Barre Rachel G.	GC FS	Yoga Abby G.	GC FS	Yoga Niamh W.	GC FS	Cardio Dance Party Danielle M.	GC FS	Barre Ela D.	GC FS				
9:00 AM											Yoga Smriti S.	GC FS	Cardio Dance Party Danielle M.	GC FS
10:00 AM											Studio HIIT F&P Coaches	GC FS	Yoga Jenna 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	Yoga Abby G.	GC FS	Studio HIIT F&P Coaches	GC FS	Barre Rachel G.	GC FS	 <p>SPORT & REC FITNESS & PERFORMANCE</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> <hr/> <p>IMPACT Training, IMPACT Proud, U of T Run Club are 60 minutes. All classes are 45 minutes.</p>			
1:00 PM									Yoga Melissa C.	AC DS				
3:00 PM					Yoga Keke S.	AC DS	Barre Rachel G.	AC DS	Big HIIT F&P Coaches	AC FH 2/3				
4:30 PM			Yoga Niamh W.	GC FS			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 SCC East Wing	Cardio Dance Party Natasha V.	AC FH 2/3	IMPACT Training Women-Only 💰 F&P Coaches	AC SCC East Wing						
5:30 PM					IMPACT Proud F&P Coaches	AC WLZ								
6:00 PM			IMPACT Training 💰 F&P Coaches	GC SCC	Barre Courtney H.	GC FS	IMPACT Training 💰 F&P Coaches	GC SCC						
7:00 PM	U of T Run Club*	UC Steps			Yoga Abby G.	GC FS								
					U of T Run Club*	UC Steps								