<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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<tbody>
<tr>
<td>7:30 AM</td>
<td>Yoga Abby G.</td>
<td>GC FS</td>
<td>Yoga Abby G.</td>
<td>GC FS</td>
<td>Yoga Keke S.</td>
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<td></td>
<td>IMPACT Training</td>
<td>F&amp;P Coaches</td>
<td>IMPACT Training</td>
<td>F&amp;P Coaches</td>
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<td></td>
<td>F&amp;P Coaches</td>
<td>GC SCC</td>
<td>GC SCC</td>
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<td>GC SCC</td>
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<tr>
<td>10:00 AM</td>
<td>U of T Run Club*</td>
<td>UC Steps</td>
<td>F&amp;P Coaches</td>
<td>GC FS</td>
<td>Barre Rachel T.</td>
<td>GC FS</td>
<td>Yoga Smriti S.</td>
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<td>11:00 AM</td>
<td>Yoga Niamh W.</td>
<td>GC FS</td>
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<td>GC FS</td>
<td>Yoga Lauren B.</td>
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<td>4:30 PM</td>
<td>Studio HIIT</td>
<td>F&amp;P Coaches</td>
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<td>F&amp;P Coaches</td>
<td>IMPACT Training Women-Only</td>
<td>GC SCC</td>
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<td>F&amp;P Coaches</td>
<td>GC SCC</td>
<td>Irish Softball</td>
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<td>5:00 PM</td>
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<td>IMPACT Training</td>
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<td>F&amp;P Coaches</td>
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<td>5:30 PM</td>
<td>Cardio Dance Party</td>
<td>Steven C.</td>
<td>Studio HIIT</td>
<td>GC FS</td>
<td>Cardio Dance Party</td>
<td>Danielle M.</td>
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<td>F&amp;P Coaches</td>
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<td>6:00 PM</td>
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<td>F&amp;P Coaches</td>
<td>GC SCC</td>
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<td>6:30 PM</td>
<td>Barre</td>
<td>Courtney H.</td>
<td>Barre</td>
<td>Rachel G.</td>
<td>Cardio Dance Party</td>
<td>Danielle M.</td>
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<td>GC FS</td>
<td>GC FS</td>
<td>GC FS</td>
<td>F&amp;P Coaches</td>
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<td>F&amp;P Coaches</td>
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<tr>
<td>7:00 PM</td>
<td>U of T Run Club*</td>
<td>UC Steps</td>
<td>U of T Run Club*</td>
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<td>UC Steps</td>
<td>U of T Run Club*</td>
</tr>
</tbody>
</table>

**GROUP FITNESS SCHEDULE**

**EFFECTIVE JULY 2 TO SEPTEMBER 1, 2024**

$ Paid membership pass required

**IMPACT Training, IMPACT Proud, U of T Run Club are 60 minutes.**

**NOTES:**

- ACWLZ – Athletic Centre Weight Lifting Zone
- ACFS – Goldring Centre Fitness Studio
- GCSCC – Goldring Centre SCC
- U of T Run Club – Meet at the steps of University College
- *Not an F&P program.