

GROUP FITNESS SCHEDULE

EFFECTIVE JULY 2 TO SEPTEMBER 1, 2024 \$ Paid membership pass required

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
7:30 AM	Yoga Abby G.	GC FS	Yoga Jenna S.	GC FS	Yoga Abby G.	GC FS	Yoga Keke S.	GC FS	Barre Ela D.	GC FS				
	IMPACT Training \$ F&P Coaches	GC SCC			IMPACT Training \$ F&P Coaches	GC SCC			IMPACT Training \$ F&P Coaches	GC SCC				
									U of T Run Club*	UC Steps				
10:00 AM											Barre Rachel T.	GC FS	Yoga Smriti S.	GC FS
11:00 AM											Studio HIIT F&P Coaches	GC FS		
4:30 PM	Studio HIIT F&P Coaches	GC FS	Yoga Niamh W.	GC FS	Yoga Niamh W.	GC FS								
5:00 PM							Yoga Lauren B.	GC FS	<p>All classes are 45 minutes.</p> <p>IMPACT Training, IMPACT Proud, U of T Run Club are 60 minutes.</p> <hr/> <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 an F&P program.</p>					
							IMPACT Training Women-Only \$ F&P Coaches	AC SCC						
5:30 PM	Cardio Dance Party Steven C.	GC FS			Studio HIIT F&P Coaches	GC FS								
6:00 PM			IMPACT Training \$ F&P Coaches	GC SCC			IMPACT Training \$ F&P Coaches	GC SCC						
6:30 PM	Barre Courtney H.	GC FS			Barre Rachel G.	GC FS	Cardio Dance Party Danielle M.	GC FS						
7:00 PM					U of T Run Club*	UC Steps								



SPORT & REC
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