#UTRAIN WORKOUTS
LIVE SESSIONS

	TIME	CLASS
MONDAY	10 a.m.	Big HIIT
	12 p.m.	Squad Training: Strength
	5 p.m.	Cardio Dance Party
TUESDAY	9 a.m.	Kids Gym
	12 p.m.	Yoga
	5 p.m.	Big HIIT
WEDNESDAY	10 a.m.	Barre
	12 p.m.	Squad Training: Power
	2 p.m.	Meditation
	5 p.m.	Cardio Dance Party: Family Rhythm
THURSDAY	9 a.m.	Kids Gym
	10 a.m.	JOGA
	5 p.m.	Big HIIT
FRIDAY	10 a.m.	Barre
	2 p.m.	Meditation
	5 p.m.	Squad Training: Endurance
SATURDAY	9 a.m.	Big HIIT
	10 a.m.	Barre
SUNDAY	10 a.m.	Big HIIT
	11 a.m.	Yoga

Plus, find interactive challenges, fitness testing, our run club and a whole lot more on our exclusive member portal!

Start today at uoft.me/utrain

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SPORT & REC