

# COME SWEAT WITH US!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Mornings	Big HIIT (30 min) 7:15, 7:45 and 8:15 a.m. *Flexible ●	GC Barre (45 min) 7:30 a.m.	GC Big HIIT (30 min) 7:15, 7:45 and 8:15 a.m. *Flexible ●	GC JOGA (45 min) 7:30 a.m.	GC Big HIIT (30 min) 7:15, 7:45 and 8:15 a.m. *Flexible ●		
	JOGA (45 min) 7:30 a.m.	GC JOGA (45 min) 8:30 a.m.	AC	AC Barre (45 min) 8:30 a.m.	GC Barre (45min) 7:30 a.m.	GC JOGA (45 min) 8:15 a.m.	
	Barre (45 min) 8:30 a.m.	AC			AC JOGA (45min) 8:30 a.m.	GC Big HIIT (30 min) 10:30 a.m., 11 a.m. *Flexible ●	
	Fit Mix (45 min) 11:15 a.m.	AC			AC Fit Mix (45 min) 11:15 a.m.	GC Cardio Dance Party (45 min) 11:15 a.m. Latin Pop	GC JOGA (45 min) 11:15 a.m.
Afternoons	Women-only squad (45 min) 12:15 p.m. ●	AC Big HIIT (30 min) 12:15 and 12:45 p.m. *Flexible ●	VC	GC Barre (30 min) 12:15 p.m.	VC Big HIIT (30 min) 12:15 and 12:45 p.m. *Flexible ●	AC Aquafit (45 min) 12:15 p.m.	GC JOGA (45 min) 12:15 p.m.
	JOGA (30 min) 12:15 p.m.	GC JOGA (30 min) 12:15 p.m.	GC	AC JOGA (30 min) 12:15 p.m.	GC Yoga (30 min) 12:15 p.m.	AC Yoga & Meditation (30 min) 12:15 p.m.	GC Yoga (45 min) 12:15 p.m. Hatha
	Squad (45 min) 12:15 p.m. ●	GC Fit Mix (45 min) 12:15 p.m.	AC	GC Squad (45 min) 12:15 p.m.	AC Barre (30 min) 12:15 p.m.	GC Squad (45 min) 12:15 p.m.	
	Stretch & Relax (45 min) 12:15 p.m.	AC Yoga & Meditation (45 min) 1:15 p.m.	AC		GC The Lab (45 min) 12:15 p.m. ●	AC Women-only squad (45 min) 1:15 p.m.	
Evenings	Cardio Dance Party (45 min) 5:15 p.m. Latin Pop	AC Yoga (45 min) 5:15 p.m.	GC	AC Cardio Dance Party (45 min) 5:15 p.m. Latin Pop	AC Yoga (45 min) 5:15 p.m.	GC Raise the BARRE (45 min) 3:15 p.m.	
	Studio HIIT (45 min) 5:15 p.m.	GC The Lab (45 min) 5:15 p.m. ●	GC	GC Squad (45 min) 6:15 p.m. ●	GC Journey Dance™ (45 min) 6:15 p.m.	GC HIIT Takeover (1 hr) 3:15 p.m. ●	
	Squad (45 min) 6:15 p.m. ●	GC Women-only squad (45 min) 5:15 p.m. ●	AC	GC Yoga & Meditation (45 min) 6:15 p.m.	GC Studio HIIT (45 min) 6:15 p.m.	GC Cardio Dance Party (45 min) 4:15 p.m. Freestyle	
	Yoga & Meditation (45 min) 6:15 p.m.	GC Cardio Dance Party (45 min) 6:15 p.m. Bollywood	AC	AC Aquafit (45 min) 6:15 p.m.	AC Cardio Dance Party (45 min) 6:15 p.m. Latin Pop	GC Squad (45 min) 5:15 p.m.	
				AC Vogue (45 min) 7:15 p.m.		GC JOGA (45 min) 5:15 p.m.	

PROGRAM LOCATIONS	
GC	Goldring Centre for High Performance Sport
AC	Athletic Centre
VC	Varsity Centre Dome

Detailed schedule with class locations available at [uoft.me/fitnessandperformance](https://uoft.me/fitnessandperformance)



**SPORT & REC**

\*Flexible = Start at any of the scheduled times and stay for one or multiple sessions! ● = Registration required