

GROUP FITNESS SCHEDULE

EFFECTIVE MAY 5 TO JUNE 29, 2025

\$

Paid membership pass required

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
7:30 AM	Barre Courtney H.	GC FS	Mindful Moments Yoga Abby G.	GC FS	Mindful Moments Yoga Keke C.	GC FS	Barre Rachel G.	GC FS	MM Yoga Savannah L.	GC FS				
									U of T Run Club*	UC Steps				
	IMPACT Training ^{\$} F&P Coaches	GC SCC	IMPACT Training ^{\$} F&P Coaches	GC SCC	IMPACT Training ^{\$} F&P Coaches	GC SCC	IMPACT Training ^{\$} F&P Coaches	GC SCC	IMPACT Training ^{\$} F&P Coaches	GC SCC				
10:00 AM											Cardio Dance Party Natasha Y.	GC FS	Mindful Moments Yoga Niamh W.	GC FS
11:00 AM											Studio HIIT F&P Coaches	GC FS	Mindful Moments Yoga Maya G.	GC FS
12:00 PM	Mindful Moments Yoga Fiza M.	AC DS			Barre Rachel T.	GC FS	Mindful Moments Yoga Jenna S.	GC FS	Studio HIIT F&P Coaches	GC FS	<div></div> <div>SPORT & REC FITNESS & PERFORMANCE</div> <div>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</div> <div>*Not an F&P program IMPACT Training, IMPACT Proud, U of T Run Club are 60 minutes.</div> <div>All classes are 45 minutes.</div>			
5:00 PM			Women Only IMPACT F&P Coaches ^{\$}	AC WLZ										
5:10 PM	Cardio Dance Party Steven C.	GC FS			Cardio Dance Party Danielle M.	AC DC								
					Studio HIIT F&P Coaches	GC FS								
5:30 PM					IMPACT Proud Taha T.	AC WLZ								
6:00 PM			IMPACT Training F&P Coaches ^{\$}	GC SCC			IMPACT Training F&P Coaches ^{\$}	GC SCC						
6:10 PM	Studio HIIT F&P Coaches	GC FS			Barre Jennie G.	GC FS								
7:00 PM					U of T Run Club*	UC Steps								
7:10 PM	Mindful Moments Yoga Melissa C.	GC FS	Barre Isabel C.	GC FS			Mindful Moments Yoga Silje J.	GC FS						