## 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		
11:00 AM											Studio HIIT F&P Coaches	GC FS	Mindful Moments Yoga Niamh W.	GC FS
12:00 PM	Mindful Moments Yoga Fiza M.	AC DS		25.00	Barre Rachel T.	GC FS	Mindful Moments Yoga Jenna S.	GC FS	Studio HIIT F&P Coaches	GC FS			Mindful Moments Yoga Maya G.	GC FS
5:00 PM			Women Only IMPACT F&P Coaches	AC WLZ										
5:10 PM	Cardio Dance Party	GC FS Cardio Dance Party Danielle M. AC DC												
J. 10 1 W	Steven C.	4013			Studio HIIT F&P Coaches	GC FS					SPORT & REC FITNESS & PERFORMANCE			
5:30 PM					IMPACT Proud Taha T.	AC WLZ					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			
279.30		The Land	THE PERSON NAMED IN	20.30	Tana T.	S. C. C.	SACRET AND PORCE OF	A 100 CO	TO THE WORLD	M200120				
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								
77:00 PM				The same	U of T Run Club*	UC Steps								
	THE WAR			25							*Not an F&P program			
7:10 PM	Mindful Moments Yoga Melissa C.	GC FS	Barre Isabel C.	GC FS			Mindful Moments Yoga Silje J.	GC FS			IMPACT Training, IMPACT Proud, U of T Run Club are 60 minutes.  All classes are 45 minutes.			