

GROUP FITNESS SCHEDULE

EFFECTIVE JULY 2 TO AUG. 31, 2025

Paid membership pass required

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