

# Group Fitness Schedule

Effective January 12 to April 26, 2026

💰 Paid membership pass required

	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
7:15 A.M.	Barre Keke C.	GC FS	Barre Claudia T.	GC FS	Barre Rachel G.	GC FS	Barre Brianna Z.	GC FS	Mindful Moments Yoga Silje J.	GC FS				
7:30 A.M.	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				
							U of T Run Club*	UC Steps						
8:30 A.M.	Pilates Jacqueline S.	GC FS	Mindful Moments Yoga Kirsty C.	GC FS	Mindful Moments Yoga Abby G.	GC FS	Pilates Brianna Z.	GC FS	Barre Brianna Z.	GC FS				
9:00 A.M.											Mindful Moments Yoga Fiza M.	GC FS	Barre Claudia T.	GC FS
10:00 A.M.			Pilates Brianna Z.	GC FS							Studio HIIT F&P Coaches	GC FS	Mindful Moments Yoga Smriti S.	GC FS
11:00 A.M.							Mindful Moments Yoga Kirsty C.	GC FS			IMPACT Training 💰 F&P Coaches	GC SCC		
12:10 P.M.	Mindful Moments Yoga Melissa C.	GC FS	Studio HIIT F&P Coaches	GC FS	Mindful Moments Yoga Silje J.	GC FS	Studio HIIT F&P Coaches	GC FS	Barre Keke C.	GC FS				
1:10 P.M.	Mindful Moments Yoga Maya G.	AC DS							Mindful Moments Yoga Melissa C.	AC DS	 <p><b>SPORT &amp; REC</b> FITNESS &amp; PERFORMANCE</p> <ul style="list-style-type: none"> <li>• AC DS - Athletic Centre Dance Studio</li> <li>• AC FH - Athletic Centre Field House</li> <li>• AC WLZ - Athletic Centre Weight Lifting Zone</li> <li>• GC FS - Goldring Centre Fitness Studio</li> <li>• GC SCC - Goldring Centre SCC</li> <li>• BN 302 - Benson Room 302</li> <li>• UC Steps - Meet at the steps of University College</li> </ul> <p>• *Not an F&amp;P program. • All classes are 45 minutes. • IMPACT classes and U of T Run Club are 60 minutes.</p>			
3:10 P.M.			Barre Keke C.	AC DS	Mindful Moments Yoga Suzi L.	AC DS	Barre Keke C.	AC DS	BIG HIIT F&P Coaches	AC FH 2/3				
4:10 P.M.					Meditation Suzi L.	BN302								
4:30 P.M.			Mindful Moments Yoga Kirsty C.	GC FS			Mindful Moments Yoga Hannah A.	GC FS						
5:00 P.M.			Women-Only IMPACT Training 💰 F&P Coaches	AC WLZ			Women-Only IMPACT Training 💰 F&P Coaches	AC WLZ						
5:10 P.M.	Cardio Dance Party Steven C.	AC FH 2/3			Cardio Dance Party Natasha V.	AC FH 2/3								
					Vogue Dance Snoopy	GC FS								
5:30 P.M.	IMPACT Proud F&P Coaches	AC WLZ												
	Barre Rachel T	GC FS												
6:00 P.M.			IMPACT Training 💰 F&P Coaches	GC SCC			IMPACT Training 💰 F&P Coaches	GC SCC						
6:10 P.M.					Barre Jennie G.	GC FS								
6:30 P.M.			Cardio Dance Party Danielle M.	GC FS										
7:00 P.M.	U of T Run Club*	UC Steps			U of T Run Club*	UC Steps								
7:10 P.M.					Mindful Moments Yoga Lola L.	GC FS								