



GROUP FITNESS SCHEDULE

EFFECTIVE JANUARY 10, 2023

\$ Registered programs (requires paid pass)

***Not an F&P program.**

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
7:00 AM														
7:30 AM	IMPACT Training \$	ACFHP			IMPACT Training \$	ACFHP			IMPACT Training \$	ACFHP				
7:45 AM	BIG HIIT \$	ACFH 1			BIG HIIT \$	ACFH 1			BIG HIIT \$	ACFH 1				
8:30 AM	BARRE	GCFS	BARRE	GCFS	BARRE	GCFS	BARRE	GCFS						
9:30 AM											Studio HIIT	GCFS	U of T Run Club*	Con Hall
10:15 AM													Mindful Moments Yoga	GCFS
11:00 AM											IMPACT Training \$	GCSCC		
12:15 PM	Mindful Moments YOGA	GCFS												
1:00 PM					BARRE	GCFS								
3:15 PM									Open BIG HIIT	ACFH 2&3				
4:15 PM									Cardio Dance Party	ACFH 2&3				
4:30 PM														
5:00 PM			Women-Only IMPACT \$	ACSCC	IMPACT Proud	ACWLZ	Women-Only IMPACT \$	ACSCC						
5:10 PM	BIG HIIT \$	ACFH 2&3			BIG HIIT \$	ACFH 2&3								
5:30 PM	Boxing for Women level 1 \$	GCFS	Boxing (Co-ed) level 1 \$	GCFS										
6:00 PM			IMPACT Training \$	GCSCC			IMPACT Training \$	GCSCC						
6:10 PM	Cardio Dance Party	ACFH 2&3	BARRE	ACFH 4	Cardio Dance Party	ACFH 2&3	BARRE	ACFH 4						
6:30 PM			Olympic Weight Lifting \$	ACWLZ	Mindful Moments Yoga	GCFS	Olympic Weight Lifting \$	ACWLZ						
6:45 PM	Boxing (Co-ed) level 1 \$	GCFS	Boxing (Co-ed) level 2 \$	GCFS			Mindful Moments Yoga	GCFS						
7:00 PM	U of T Run Club*	Con Hall			U of T Run Club*	Con Hall								
7:15 PM	Olympic Weight Lifting \$	ACWLZ			Olympic Weightlifting \$	ACWLZ								

**All workouts are 45 minutes.
IMPACT Training and Vogue Dance are 60 minutes.**

ACSCC – Athletic Centre SCC
 ACFH – Athletic Centre Field House
 ACFHP – Athletic Centre Field House Periphery
 ACWLZ – Athletic Centre Weight Lifting Zone
 GCFS – Goldring Centre Fitness Studio
 GCSCC – Goldring Centre SCC
 Con Hall – Outside Convocation Hall