

GRYPHON NRG PASS

REDUCED **EXAM** SCHEDULE

Monday, Dec. 2 - Friday, Dec. 13, 2024

No Classes: Dec. 20/24 to Jan. 5/25

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
7-8AM		H.I.I.T. THE WATER Jaye Red Pool 7:15-8am		SUNRISE YOGA Alexa Studio 3212 7-8am			
9-9:45AM		CYCLE EXPRESS Talia Studio 3216 9-9:45am					
10-11AM			FLOW AND RESTORE YOGA Elena Studio 3214 10-11am				
11AM-12PM	PILATES Alanna Studio 3214 11am-12pm						
12:05-1PM	TABATA Elena Studio 3212 12:05-1pm	PILATES Melanie Studio 3212 12:05-1pm	H.I.I.T. THE WATER Anthony/ Leena Red Pool 12:05-1pm	CYCLE EXPRESS Jen O Studio 3216 12:10- 12:50pm	BARRE BURN Alanna Studio 3214 12:05-1pm	PILATES Melanie Studio 3212 12:05-1pm	INTERVAL GRIND CYCLE Jenn M Studio 3216 12:05-1pm
1-2PM					POP PILATES Alanna Studio 3212 1-2pm		
5-6PM	STEP N' CORE Jeff T Studio 3212 5-6pm	CYCLE CORE Jeff T Studio 3216 5-6pm	CARDIO KICKBOX Lynne Studio 3212 5:30-6:30pm	PILATES Tanya AC 302 5-6pm	CYCLE BARRE Vanessa Studio 3216 5:30-6:30pm	TRX® ALL CORE Emily Studio 3214 5:45-6:15pm	
6-7PM	PILATES Melanie Studio 3214 6-7pm		PURE STRENGTH Lynne Studio 3212 6-7pm	GLOWGA YOGA Kirstie Studio 3214 6:30-7:30pm Dec 5th ONLY No registration required			
7-8PM	ZUMBA® Stewart Studio 3212 7-8pm	CYCLE CORE Siobhan H Studio 3216 7:30-8:30pm Dec 9th ONLY	JOGA® Renee Studio 302 7-8pm	ZUMBA® Stewart Studio 3212 7:15-8:15pm	FLOW & RESTORE YOGA Kirstie AC302 7:30-8:30pm Dec 12th ONLY		
8-9PM				CYCLE MIX Jaclyn Studio 3216 8-9pm			



REDUCED FITNESS CENTRE HOURS: Tue. Dec. 2 - Fri. Dec. 13, 2024: Mon - Fri: 6am - 9:30pm Sat & Sun: 7am - 9:30pm

AQUAFIT CLASSES

FITNESS CLASSES

CYCLE CLASSES

TRX® CLASSES

PILATES & YOGA CLASSES

♀ WOMEN'S ONLY

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