

GRYPHON NRG PASS

REDUCED **APRIL 2025 NRG** SCHEDULE

Monday, Apr. 21st - Friday, May 2nd, 2025

No Classes: Saturdays & Sundays

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:05-1PM	BODY BLAST Elena Studio 3212 12:05-1pm	PILATES Melanie Studio 3212 12:05-1pm	CYCLE EXPRESS Jen O Studio 3216 12:10 - 12:50pm	BARRE BURN Alanna Studio 3214 12:05 - 1pm	POP PILATES Alanna Studio 3214 12:05 - 1pm
5-6PM	STEP N' CORE Jeff T Studio 3212 5-6pm	CYCLE CORE Jeff T Studio 3216 5-6pm	FLOW & RESTORE YOGA Monique Studio 3214 5-6pm		
6-7PM	PILATES Melanie Studio 3212 6-7pm		ZUMBA® Stewart Studio 3212 6-7pm	CYCLE MIX Vanessa Studio 3216 6-7pm	

PILATES & YOGA CLASSES

FITNESS CLASSES

CYCLE CLASSES

GO ONLINE!
[gryphons.ca / fitandrec](http://gryphons.ca/fitandrec)

Find class descriptions,
 register for programs
 and see what's
 happening TODAY!



FITNESS CENTRE HOURS (Mon. Apr. 21/25 - Fri. May. 2/25) :

Tuesday-Friday 6am-9:30pm // Saturday & Sunday 7am-7:30pm
 Campus Closed (Apr. 26)