



NRG FITNESS CLASS SCHEDULE

Fall 2026 **SEPT. 14 – DEC. 4, 2026**

New Class

Women's Only

TRX
Cycle

Group Fitness
Pilates

AquaFit
Yoga

	Monday			Tuesday		Wednesday			Thursday		Friday		Saturday	Sunday		
6-7am	Sunrise Cycle Studio 3216 6:15-7am Rachel															
7-8am				H.I.I.T. the Water Red Pool 7:15-8am Jaye		Sunrise Vinyasa Flow Yoga Studio 3212 7-8am Renee			Sunrise Cycle Studio 3216 7-7:45am Jeff T		Zumba		Looking for a studio? AC 302 is located in the old building near the pools. Studios 3212/3214/3216 are located on the third floor of the Athletics Centre, above the Fitness Centre. Please ask Client Services for detailed directions.			
						Morning Meditation Studio 3212 8-8:30am Renee										
8-9am				Pilates Studio 3212 8-9am Alayna												
9-10am				Barre Burn Studio 3214 9-9:45am Carlos		Hardcore Rockbottom Studio 3212 9-9:45am Elena					Hatha Flow Yoga AC 302 9-9:45am Kathryn		Cycle Express Studio 3216 9-9:45am Patricia	Cycle Barre Studio 3216 9-10am Vanessa		
	Workout OTD Studio 3212 9:30-10:30am Kathryn															
10-11am	Flow & Restore Yoga Studio 3212 10:30-11:30am Elena			Zumba		Hatha Flow Yoga Studio 3212 10-11am Elena		Barre Burn Studio 3214 10:30-11:30am Ellie		Cycle Express Studio 3212 10-10:45am Amy	Pilates AC 302 10:30-11:30am Tanya	Pilates Studio 3214 10-11am Julia		Belly Dance Fit Studio 3212 10-11am Erika	Barre Burn Studio 3214 10:15-11:15am Vanessa	
			Pop Pilates Studio 3214 11am-12pm Julia											Pilates Studio 3212 11am-12pm Julia		
11am-12pm																
12:05-1pm	Cardio Strength & Intervals Studio 3212 12:05-1pm Elena	Yoga Strength AC 302 12:05-1pm Ann	Cycle Express Studio 3216 12:10-12:50pm Vanessa	Pilates Studio 3214 12:05-1pm Melanie	Lift Express Studio 3212 12:10-12:50pm Jenn M	TRX Core Circuit Studio 3214 12:05-1pm Elena	Vinyasa Flow Yoga Studio 3212 12:05-1pm Izzy	Cycle Express Studio 3216 12:10-12:50pm Jen O	Groovy Step Studio 3212 12:05-1pm Lynne	Pilates Studio 3214 12:05-1pm Melanie	Body Blast Studio 3212 12:05-1pm Morgan	Rhythm Ride Cycle Studio 3216 12:05-1pm Lynne	Upgrade your membership to NRG PLUS See reverse for details.			
1-2pm	Barre Burn Studio 3214 1-2pm Vanessa															
3-4pm									Aqua Zumba Red Pool 3-4pm Lucy							
4-5pm						Pilates AC 302 4-5pm Tanya					Flow & Restore Yoga AC 302 3:30-4:30pm Kirstie				Barre Burn Studio 3214 4-5pm Aida	
5-6pm	Step N' Core Studio 3212 5-6pm Jeff T	Barre Burn Studio 3214 5-6pm Layla			Cycle Core Studio 3216 5-6pm Jeff T	JOGA AC 302 5-6pm Renee	Knockout Boxing Studio 3212 5-6pm Ann	Cycle Mix Studio 3216 5-6pm Sofia C	Body Blast Studio 3212 5-6pm Alex		Watts Up Cycle Studio 3216 5:30-6:30pm Mona	Zumba Studio 3212 5:15-6:15pm Aida	Cycle Express Studio 3216 5:30-6:15pm Sophia L		Cycle Core Studio 3216 5:30-6:30pm Jenn P	
	Pilates Studio 3212 6-7pm Melanie			Cardio Kickbox Studio 3212 5:30-6:30pm Lynne			Body Blast Studio 3212 6-7pm Morgan		Pop Pilates Studio 3212 6-7pm Julia							
6-7pm		Hatha Flow Yoga AC 302 6:30-7:30pm Harriet	Cycle Core Studio 3216 6:30-7:30pm Siobhan	Pure Strength Studio 3212 6:30-7:30pm Karly	Interval Grind Cycle Studio 3216 6:15-7:15pm Patricia						Cycle Barre Studio 3216 6:30-7:30pm Vanessa	Hatha Flow Yoga Studio 3212 6:30-7:30pm Izzy				
							Zumba		STRONG Nation							
7-8pm	Zumba	Belly Dance Fit AC 302 7:30-8:30pm Erika	Rhythm Ride Cycle Studio 3216 7:30-8:30pm Jessica	Step To It Studio 3212 7:30-8:30pm Jeff B	Cycle Strength Studio 3216 7:15-8:15pm Siobhan	Power Yoga AC 302 7:30-8:30pm Jeltsje	CIRCL Mobility™ Studio 3212 8-8:30pm Stewart	Rhythm Ride Cycle Studio 3216 8-9pm Taylor	Step It Up Studio 3212 8-9pm Taylor		Interval Grind Cycle Studio 3216 7-8pm Sophia L				Pilates Studio 3212 7:30-8:30pm Layla	
8-9pm	Pure Strength Studio 3212 8-9pm Morgan	Yin Yoga AC 302 8:30-9:30pm Kathryn														
9-9:30pm							Pilates Studio 3212 8:30-9:30pm Layla				Yoga Inversions AC 302 8:30-9:30pm Kathryn			Check out the NRG Calendar on gryphons.ca/NRG or scan the QR code for schedule & class descriptions. *Please Note: Class formats & instructors are subject to change.		
													Class Cancellations Sept. 19: All classes / Oct. 4: Cycle Barre (10am) / Oct. 10-12: All classes / Oct. 13: Look online for our reduced "Extra Study Day" schedule / Oct. 28: Classes after 4pm (for Halloween Class)			



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