



IN BETWEEN NRG FITNESS CLASS SCHEDULE

Monday Apr. 20 – Friday May 8, 2026

Monday

Tuesday

Wednesday

Thursday

Friday

LUNCH CLASSES

12:05-1pm

Body Blast
Studio 3212
12:05-1pm
Elena

Pilates
Studio 3212
12:05-1pm
Melanie

**Watts Up
Cycle**
Studio 3216
12:10-
12:50pm
Taylor

Barre Burn
Studio 3214
12:05-1pm
Alanna

**Vinyasa
Flow Yoga**
Studio 302
12:05-1pm
Monique

EVENING CLASSES

5-6pm

Step N' Core
Studio 3212
5-6pm
Jeff T

Cycle Core
Studio 3216
5-6pm
Jeff T

**Flow and
Restore
Yoga**
Studio 3214
5-6pm
Monique

6-7pm

Pilates
Studio 3212
6-7pm
Melanie

ZUMBA ®
Studio 3214
6-7pm
Stewart

Cycle Barre
Studio 3216
6-7pm
Vanessa

LEGEND:

CYCLE

FITNESS

PILATES

YOGA

Online Schedule & Class Descriptions:

Refer to the NRG Calendar on
gryphons.ca/fitandrec or scan the QR code

Class formats & instructors are subject to change.

