

# 2023 FALL NRG CLASS SCHEDULE

MONDAY, SEP. 11, 2023 - SUNDAY, DEC. 3, 2023

NO CLASSES - SAT. SEP 16/23 & SAT. OCT 7 - MON. OCT 9/23  
 REDUCED SCHEDULE FALL STUDY DAY - TUE. OCT 10/23  
 MON OCT 30/23 NO CLASSES AFTER 4PM DUE TO HALLOWEEN FITNESS CLASS.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY								
7:00 AM		<b>H.I.I.T. THE WATER</b> Red Pool   7:15-8am   Jaye	<b>★ SUNRISE CYCLE</b> Studio 3216   7:15-8am   Elizabeth												
8:00 AM															
9:00 AM	<b>CRUSH 'N CORE</b> Studio 3212   9-9:30am   Elena	<b>CYCLE EXPRESS</b> Studio 3216 9-9:45am Bryn	<b>H.I.I.T TABATA</b> Studio 3212 9-9:45am Elena	<b>★ CYCLE EXPRESS</b> Studio 3216 9-9:45am Talia	<b>★ PILATES EXPRESS</b> Studio 3212 9-9:45am Tanya										
9:30 AM	<b>ROCK BOTTOM</b> Studio 3212   9:30-10am   Elena														
10:00 AM		<b>PILATES</b> Studio 3214   10-11am   Alanna	<b>FLOW &amp; RESTORE YOGA</b> Studio 3212   10-11am   Elena	<b>♀ YOGA</b> AC 302   10-11am   Mairin <i>*Women's Only</i>	<b>★ BELLY DANCE FIT</b> Studio 3212 10:30-11:30am Erika	<b>WATTS UP CYCLE</b> Studio 3216   10-11am Janet	<b>★ ZUMBA®</b> Studio 3212 10:30-11:30am Erika								
11:00 AM	<b>★ FLOW &amp; RESTORE YOGA</b> Studio 3212   10:30-11:30am   Elena	<b>BARRE BURN</b> Studio 3214   11am-12pm   Alanna		<b>PILATES</b> Studio 3214 10:30-11:30am Alanna											
11:30 AM															
12:00 PM	<b>H.I.I.T. THE WATER</b> Red Pool 12:05-1pm Nathalie	<b>★ CARDIO &amp; STRENGTH INTERVALS EXPRESS</b> Studio 3212 12:10-12:50pm Elena	<b>YOGA STRENGTH</b> Studio 3214 12:05-1pm Ann	<b>★ WATTS UP CYCLE</b> Studio 3216 12:05-1pm Talia	<b>PILATES</b> Studio 3212 12:05-1pm Melanie	<b>H.I.I.T. THE WATER</b> Red Pool 12:05-1pm TBD	<b>CYCLE EXPRESS</b> Studio 3216 12:10-12:50pm Jen O	<b>★ HATHA FLOW YOGA</b> Studio 3212 12:05-1pm Nicole	<b>H.I.I.T. THE WATER</b> Red Pool 12:05-1pm Kassie	<b>PILATES</b> Studio 3212 12:05-1pm Melanie	<b>BARRE BURN</b> Studio 3214 12:05-1pm Alanna	<b>★ GET ON THE BALL</b> Studio 3212 12:05-1pm Ann	<b>INTERVAL GRIND CYCLE</b> Studio 3216 12:05-1pm Lynne		
1:00 PM															
1:30 PM												<b>★ FOAM ROLL &amp; RELEASE</b> Studio 3212 1-2pm Steph M			
2:00 PM															
3:00 PM															
4:00 PM															
5:00 PM															
5:30 PM	<b>STEP 'N CORE</b> Studio 3212 5-6pm Jeff T	<b>★ BARRE BURN</b> Studio 3214 5-6pm Melanie	<b>INTERVAL CYCLE GRIND</b> Studio 3216 5:30-6:30pm Lynne	<b>CARDIO KICKBOX</b> Studio 3212 5-6pm Lynne	<b>★ POWER YOGA</b> AC 302 5-6pm Cam	<b>CYCLE CORE</b> Studio 3216 5:30-6:30pm Jeff T	<b>KNOCKOUT BOXING</b> Studio 3212 5-6pm Ann	<b>♀ PILATES</b> AC 302 5-6pm Tanya <i>*Women's Only</i>	<b>INTERVAL GRIND CYCLE</b> Studio 3216 5:30-6:30pm Mona	<b>★ POUND®</b> Studio 3212 5-6pm Steph M	<b>FLOW &amp; RESTORE YOGA</b> AC 302 5-6pm Monique	<b>HATHA FLOW YOGA</b> Studio 3212 5-6pm Monique	<b>CYCLE EXPRESS</b> Studio 3216 5:30-6:15pm Bryn	<b>★ CYCLE CORE</b> Studio 3216 5-6pm Jess P	
6:00 PM	<b>PILATES</b> Studio 3214 6-7pm Melanie	<b>CYCLE CORE</b> Studio 3216 6:30-7:30pm Janet	<b>HARDCORE</b> Studio 3212 6-6:30pm   Lynne	<b>ROCK BOTTOM</b> Studio 3212 6:30-7pm   Jeff B	<b>CYCLE EXPRESS</b> Studio 3216 6:30-7:15pm Siobhan H	<b>PURE STRENGTH</b> Studio 3212 6-7pm Lynne	<b>POWER YOGA</b> AC 302 6:15-7:15pm Elira	<b>CYCLE CORE</b> Studio 3216 6-7pm Jess P	<b>★ JOGA®</b> Studio 3212 6-7pm Renee						
6:30 PM															
7:00 PM	<b>ZUMBA®</b> Studio 3212 7-8pm Stewart	<b>CYCLE MIX</b> Studio 3216 7:30-8:30pm Brandon	<b>BELLYDANCE FIT</b> AC 302 7:30-8:30pm Erika	<b>BODY BLAST</b> Studio 3212 7-8pm Jeff B	<b>★ JOGA®</b> AC 302 7-8pm Renee	<b>RIPPED RIDE CYCLE</b> Studio 3216 7:30-8:30pm Jen P	<b>ZUMBA®</b> Studio 3212 7:30-8:30pm Steph M	<b>CYCLE MIX</b> Studio 3212 7-8pm Jess P	<b>STRONG NATION®</b> Studio 3212 7-8pm Stewart	<b>INTERVAL GRIND CYCLE</b> Studio 3216 7:30-8:30pm Jen P					
7:30 PM															
8:00 PM		<b>CIRCL MOBILITY®</b> Studio 3212 8-8:30pm Stewart							<b>CIRCL MOBILITY®</b> Studio 3212   8-8:30pm   Stewart						
8:30 PM	<b>STRONG NATION®</b> Studio 3212 8:30-9:30pm   Sam														
9:30 PM															

Please refer to the NRG Calendar on [gryphons.ca/fitandrec](https://gryphons.ca/fitandrec) or scan the QR code for schedule & class descriptions.



Class formats & instructors are subject to change.

<b>♀ WOMEN'S ONLY</b>	<b>YOGA &amp; PILATES</b>
<b>GROUP FITNESS</b>	<b>AQUAFIT</b>
<b>★ NEW CLASS!</b>	<b>CYCLE</b>

See class descriptions on [gryphons.ca/fitandrec](https://gryphons.ca/fitandrec).