



NRG FITNESS CLASS SCHEDULE

O-Week 2026 **SEPTEMBER 8 - SEPTEMBER 11, 2026**

Monday, September 7 (Labour Day) – All classes cancelled

	Tuesday	Wednesday	Thursday	Friday
12:05-1pm	Pilates Studio 3212 12:05-1pm Melanie	Cycle Express Studio 3216 12:10-12:50pm Melanie	Barre Burn Studio 3214 12:05-1pm Harriet	Cycle Express Studio 3216 12:10-12:50pm Lynne
5-6pm	Cycle Core Studio 3216 5-6pm Jeff T	Pilates Studio 3214 5-6pm Tanya	Cycle Barre Studio 3216 5-6pm Vanessa	
6-7pm	Yin Yoga Studio 3214 6:15-7:15pm Kathryn	Zumba ® Studio 3212 6-7pm Stewart	Body Blast Studio 3212 6:15-7:15pm Vanessa	
7-8pm				
		Rhythm Ride Cycle Studio 3216 6:30-7:30pm Patricia		



Check out the NRG Calendar on gryphons.ca/fitandrec or scan the QR code for schedule & class descriptions.

Please Note: Class formats & instructors are subject to change.

Cycle

Pilates

Group Fitness

Yoga