

NRG CLASS SCHEDULE

DECEMBER 2024 REDUCED EXAM SCHEDULE

Monday Dec. 16 - Thursday Dec. 19, 2024

No Classes: Dec 20/24 to Jan 5/25

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:05-1PM	BODY BLAST Elena Studio 3212 12:05-1pm	PILATES Melanie Studio 3212 12:05 - 1pm	WATTS UP CYCLE Lynne Studio 3216 12:05 - 1pm	BARRE BURN Alanna Studio 3214 12:05 - 1pm	
5-6PM		CYCLE CORE Jeff T Studio 3216 5-6pm	FLOW AND RESTORE YOGA Monique Studio 3214 5-6pm		
6-7PM	PILATES Melanie Studio 3214 6-7pm		ZUMBA Stewart Studio 3212 6 - 7pm	CYCLE MIX Vanessa Studio 3216 6-7pm	

PILATES & YOGA CLASSES

FITNESS CLASSES

CYCLE CLASSES

GO ONLINE! Find class descriptions, register for programs and see what's happening TODAY!
[gryphons.ca / fitandrec](http://gryphons.ca/fitandrec)



FITNESS CENTRE HOURS (Mon - Sun, 7am - 7pm)