

2025 WINTER NRG CLASS SCHEDULE

MONDAY, JAN. 6, 2025 - FRIDAY, APR. 4, 2025

NO CLASSES - SAT. JAN 18/25, MON FEB 17/25, SAT/SUN. FEB 15/16 AND SAT/SUN. FEB 22/23, 2025

CLASSES AFTER 5 PM CANCELLED FRI. APR 4/25

REDUCED SCHEDULE WINTER READING WEEK - FEB 18/25 TO FEB 21/25

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY							
7:00 AM		H.I.I.T. THE WATER Red Pool 7:15-8am Jaye	SUNRISE CYCLE Studio 3216 7-7:45am Elizabeth	SUNRISE YOGA Studio 3212 7-8am Alexa										
8:00 AM														
9:00 AM	CRUSH N' CORE Studio 3212 9-9:30am Elena	CYCLE EXPRESS Studio 3216 9-9:45am Talia	CARDIO & STRENGTH INTERVALS Studio 3212 9-9:45am Elena	CYCLE EXPRESS Studio 3216 9-9:45am Talia	PILATES EXPRESS Studio 3212 9-9:45am Tanya	CYCLE EXPRESS Studio 3216 9-9:45am Erika	★ CYCLE EXPRESS Studio 3216 9-9:45am Vanessa							
9:30 AM	ROCK BOTTOM Studio 3212 9:30-10am Elena													
10:00 AM		★ POP PILATES Studio 3214 10-11am Alanna	FLOW & RESTORE YOGA Studio 3212 10-11am Elena	♀ YOGA AC 302 10-11am Sydney	★ BELLYDANCE FIT Studio 3212 10:30-11:30am Erika	ZUMBA® Studio 3212 10-11am Erika	BARRE BURN Studio 3214 10-11am Vanessa							
11:00 AM	FLOW & RESTORE YOGA Studio 3212 10:30-11:30am Elena							PILATES Studio 3214 11am-12pm Alanna	BARRE BURN Studio 3214 11am-12pm Alanna					
11:30 AM														
12:00 PM	H.I.I.T. THE WATER Red Pool 12:05-1pm Leena	YOGA STRENGTH AC 302 12:05-1pm Ann	TABATA Studio 3212 12:05-1pm Elena	CYCLE EXPRESS Studio 3216 12:10-12:50pm Vanessa	PILATES Studio 3214 12:05-1pm Melanie	★ BODY BLAST Studio 3212 12:05-1pm Kadyn	H.I.I.T. THE WATER Red Pool 12:05-1pm Leena	VINYASA FLOW YOGA Studio 3212 12:05-1pm Harriet	★ TRX® CIRCUIT Studio 3214 12:05-1pm Elena	CYCLE EXPRESS Studio 3216 12:10-12:50pm Jen O	PILATES Studio 3212 12:05-1pm Melanie	BARRE BURN Studio 3214 12:05-1pm Alanna	CARDIO STRENGTH & INTERVALS Studio 3212 12:05-1pm Jenn M	INTERVAL GRIND CYCLE Studio 3216 12:05-1pm Lynne
1:00 PM	TRX® STRENGTH Studio 3214 1-2pm Indigo													
2:00 PM														
4:00 PM														
4:30 PM														
5:00 PM														
5:30 PM	STEP N' CORE Studio 3212 5-6pm Jeff T	BARRE BURN Studio 3214 5-6pm Melanie												
6:00 PM	PILATES Studio 3212 6-7pm Melanie	HATHA YOGA AC 302 6:15-7:15pm Monique	INTERVAL GRIND CYCLE Studio 3216 5:30-6:30pm Mona	CYCLE CORE Studio 3216 5-6pm Jeff T	CARDIO KICKBOX Studio 3212 5:30-6:30pm Lynne	HATHA FLOW YOGA AC 302 5-6pm Julia	KNOCKOUT BOXING Studio 3212 5-6pm Ann	♀ PILATES AC 302 5-6pm Tanya	CYCLE MIX Studio 3216 5:30-6:30pm Vanessa	★ DANCE & SCULPT Studio 3212 5-5:45pm Vanessa				
6:30 PM														
7:00 PM	ZUMBA® Studio 3212 7-8pm Stewart													
7:30 PM		CYCLE CORE Studio 3216 7:30-8:30pm Siobhan H	♀ BELLYDANCE FIT AC 302 7:30-8:30pm Erika	CYCLE MIX Studio 3216 7:15-8:15pm Jaclyn	★ STEP & STRENGTH Studio 3212 7-8pm Jeff B	JOGA® AC 302 7-8pm Renee	INTERVAL GRIND CYCLE Studio 3216 7-8pm Talia		ZUMBA® Studio 3212 7:15-8:15pm Stewart	STRONG NATION® Studio 3212 7-8pm Stewart	WATTS UP CYCLE Studio 3216 7:30-8:30pm Jenn P	FLOW & RESTORE YOGA AC 302 7:30-8:30pm Kirstie		
8:00 PM	CIRCL MOBILITY® Studio 3212 8-8:30pm Stewart													
8:30 PM														
9:00 PM														
9:30 PM														

Please refer to the NRG Calendar on gryphons.ca/fitandrec or scan the QR code for schedule & class descriptions.



Class formats & instructors are subject to change.

♀ WOMEN'S ONLY	YOGA & PILATES
GROUP FITNESS	AQUAFIT
TRX®	CYCLE

★ **NEW CLASS!**
See class descriptions on gryphons.ca/fitandrec.