

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				BARRE BURN Studio 3214 1:15-2pm Harriet	CYCLE MIX Studio 3216 1-2pm Lauren	POP PILATES Studio 3214 1-2pm Alanna									
4:00 PM															
4:30 PM				HATHA FLOW YOGA Studio 3212 4-5pm Alexa											
5:00 PM						VINYASA FLOW YOGA Studio 3212 4:30-5:30pm Monique									
5:30 PM	STEP N' CORE Studio 3212 5-6pm Jeff T	BARRE BURN Studio 3214 5-6pm Melanie		CYCLE CORE Studio 3216 5-6pm Jeff T		INTERVAL GRIND CYCLE Studio 3216 5:30-6:30pm Mona		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	
6:00 PM	PILATES Studio 3212 6-7pm Melanie	HATHA YOGA AC 302 6:15-7:15pm Monique		CYCLE STRENGTH Studio 3216 6:15-7:15pm Melanie	CYCLE CORE Studio 3216 5:30-6:30pm Brandon										CYCLE CORE Studio 3216 5:30-6:30pm Jenn P
6:30 PM				HARDCORE Studio 3212 6:30-7pm Jeff B											
7:00 PM	ZUMBA® Studio 3212 7-8pm Stewart			STEP & STRENGTH Studio 3212 7-8pm Jeff B	YOGA INVERSIONS AC 302 6:30-7:30pm Kathryn										ZUMBA® Studio 3212 6:30-7:30pm Erika
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											
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.