

GRYPHON NRG PASS

SUMMER 2023

Monday May 1, 2023 - Thursday August 31, 2023

No Classes: Mon May 22/23 (Victoria Day), Fri June 30/23 (Canada Day)
Mon Aug 7/23 (Civic Holiday), Fri Sept 1/23 to Mon Sept 4/23 (Labour Day Weekend)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
12:05-1PM	BODY BLAST Lynne Studio 3212	PILATES Alanna Studio 3212	BARRE BURN Alanna Studio 3214	PILATES Mel T Studio 3212	CYCLE CORE Lynne Studio 3216
	H.I.I.T. THE WATER Leena Red Pool	WATTS UP CYCLE Mel T Studio 3216	H.I.I.T. THE WATER Leena Red Pool		
5-6PM	STEP N' CORE Jeff T Studio 3212	POWER YOGA Cam Studio 3212	INTERVAL GRIND CYCLE Jess P Studio 3216	POUND® Steph M Studio 3212	
5:30-6:30PM	PILATES Mel T Studio 3214	CYCLE CORE Jeff T Studio 3216		VINYASA FLOW YOGA Monique Studio 3214	
6-7PM	INTERVAL GRIND CYCLE Siobhan H Studio 3216		ZUMBA® Erika Studio 3212		
6:30-7:30PM	STRONG NATION® Stewart Studio 3212		VINYASA FLOW YOGA Monique Studio 3214		
7-8PM		HARDCORE/ROCKBOTTOM Siobhan H Studio 3212		WATTS UP CYCLE Jen P Studio 3216	
7:30-8PM	CIRCL MOBILITY™ Stewart Studio 3212				

LEGEND:

AQUAFIT CLASSES	FITNESS CLASSES	CYCLE CLASSES
TRX® CLASSES	PILATES & YOGA CLASSES	STAFF ONLY

SUMMER FITNESS CENTRE HOURS:

Monday - Friday // 6am-9:30pm & Weekends // 7am-7:30pm

Holiday Hours // 10am-3pm

Hours subject to change: Visit gryphons.ca > About Us