

GRYPHON NRG PASS

SUMMER 2024

MON. MAY 13 - FRI. AUGUST 30, 2024

CLASS UPDATES

Mon. May 20 | Victoria Day - no classes

Tue. May 21 | 12:05pm Pure Strength cancelled

Tue. May 21 & Tue. Aug 20 12:05pm Pilates location moved to AC 302

Mon. Jul 1 | Canada Day - no classes

Thu. Aug 22 | 12:05pm Barre Burn cancelled

Mon. Aug 5 | Civic Holiday - no classes

Fri Aug 23/24 12:10pm TRX® Cardio & Strength Intervals class cancelled

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY					
9 - 10 AM	OUTDOOR CIRCUITS Emily GSC - North Field 9-10am		OUTDOOR CIRCUITS Emily GSC - North Field 9-10am							
12:05 - 1PM	H.I.I.T. THE WATER Leena Red Pool 12:05-1pm	INTERVAL GRIND CYCLE Talia Studio 3216 12:10-12:50pm	PILATES Alanna Studio 3214 12:05-1pm	PURE STRENGTH Melanie Studio 3212 12:05-1pm	H.I.I.T. THE WATER Leena Red Pool 12:05-1pm	WATTS UP CYCLE Jen O Studio 3216 12:10-12:50pm	PILATES Melanie Studio 3212 12:05-1pm	BARRE BURN Alanna Studio 3214 12:05-1pm	HATHA FLOW YOGA Nicole Studio 3212 12:05-1pm	TRX® CARDIO & STRENGTH INTERVALS Emily Studio 3214 12:10-12:50pm
5 - 6PM	STEP N' CORE Jeff T Studio 3212 5-6pm	CYCLE CORE Jeff T Studio 3216 5-6pm	ZUMBA® Stewart Studio 3212 5-6pm	VINYASA FLOW YOGA Monique Studio 3214 5-6pm						
5:30 - 6:30PM	PILATES Melanie Studio 3214 5:30-6:30pm									
6 - 7PM		VINYASA FLOW YOGA Monique Studio 3212 6-7pm	PILATES Tanya Studio 3214 6-7pm	CYCLE CORE Jen P Studio 3216 6-7pm						
6:30 - 7:30PM	ZUMBA® Erika Studio 3212 6:30pm-7:30pm									
7 - 8PM		BODY BLAST Siobhan H Studio 3212 7-8pm	INTERVAL GRIND CYCLE Talia Studio 3216 7-8pm	STRONG NATION® Sam Studio 3212 7-8pm						
7:30 - 8:30PM	CYCLE MIX Siobhan H Studio 3216 7:30-8:30pm									



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

AQUAFIT CLASSES

CYCLE CLASSES

TRX® CLASSES

STAFF ONLY

FITNESS CLASSES

PILATES & YOGA CLASSES