### Summer 2022 NRG Class Schedule

**Monday, April 25 - Friday, September 2, 2022**

No classes: Victoria Day (May 23/22), Canada Day (July 1/22), Civic Holiday (Aug. 1/22)

#### MID-DAY & AFTERNOON CLASSES (12:05-1PM)

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| INTERVAL GRIND CYCLE  
  Lynne  
  Studio 3216  
  12:05-1pm | H.I.I.T. THE WATER  
  Leena  
  Red Pool  
  12:05-1pm | PILATES  
  Mel T  
  Studio 3212  
  12:05-1pm | PURE STRENGTH  
  Siobhan W  
  Studio 3212  
  12:05-1pm | H.I.I.T. THE WATER  
  Leena  
  Red Pool  
  12:05-1pm |
| INTERVAL GRIND CYCLE  
  Siobhan H  
  Studio 3216  
  5:30-6:30pm | CARDIO KICKBOX  
  Lynne  
  Studio 3212  
  5-6pm | CYCLE CORE  
  Jeff T  
  Studio 3216  
  5:30-6:30pm | POWER YOGA  
  Cam  
  Studio 3212  
  5-6:30pm | FIRE & ICE YOGA  
  Kirstie  
  Studio 3212  
  6-7pm |
| STEP N’ CORE  
  Jeff T  
  Studio 3212  
  5-6pm | CARDIO KICKBOX  
  Lynne  
  Studio 3212  
  5-6pm | VINYASA FLOW YOGA  
  Monique  
  Studio 3212  
  6:30-7:30pm | MEDITATION & BREATH WORK  
  Cam  
  Studio 3212  
  6:30-7pm | WATTS UP CYCLE  
  Jen P  
  Studio 3216  
  6:30-7:30pm |
| ZUMBA  
  Stewart  
  Studio 3212  
  7-8pm | BODY BLAST  
  Siobhan H  
  Studio 3212  
  7-8pm | BODY BLAST  
  Siobhan W  
  Studio 3212  
  12:05-1pm | HATHA YOGA  
  Nicole  
  Studio 3212  
  12:05-1pm | BODY BLAST  
  Siobhan W  
  Studio 3212  
  12:05-1pm |

#### EVENING CLASSES (5-8PM)

<table>
<thead>
<tr>
<th>MONDAY</th>
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<th>WEDNESDAY</th>
<th>THURSDAY</th>
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</tr>
</thead>
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  Monique  
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  6:30-7:30pm | MEDITATION & BREATH WORK  
  Cam  
  Studio 3212  
  6:30-7pm | FIRE & ICE YOGA  
  Kirstie  
  Studio 3212  
  6-7pm | ZUMBA  
  Stewart  
  Studio 3212  
  7-8pm |
| H.I.I.T. THE WATER  
  Leena  
  Red Pool  
  12:05-1pm | WATTS UP CYCLE  
  Jen P  
  Studio 3216  
  6:30-7:30pm | HATRHA YOGA  
  Nicole  
  Studio 3212  
  12:05-1pm | BODY BLAST  
  Siobhan W  
  Studio 3212  
  12:05-1pm | BODY BLAST  
  Siobhan W  
  Studio 3212  
  12:05-1pm |
| STEP N’ CORE  
  Jeff T  
  Studio 3212  
  5-6pm | CYCLE CORE  
  Jeff T  
  Studio 3216  
  5:30-6:30pm | ZUMBA  
  Steph M  
  Studio 3212  
  5-6pm | POWER YOGA  
  Cam  
  Studio 3212  
  5-6:30pm | BODY BLAST  
  Siobhan W  
  Studio 3212  
  12:05-1pm |
| CYCLE CORE  
  Jeff T  
  Studio 3216  
  5:30-6:30pm | PURE STRENGTH  
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  Stewart  
  Studio 3212  
  7-8pm |

#### Online Schedule & Class Descriptions:
Refer to the NRG Calendar on gryphons.ca/fitandrec or scan the QR code

Class formats & instructors are subject to change.