



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)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
MID-DAY & AFTERNOON CLASSES (12:05-1PM)							
12:05PM	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	HATHA YOGA Nicole Studio 3212 12:05-1pm	BODY BLAST Siobhan W Studio 3212 12:05-1pm
EVENING CLASSES (5-8PM)							
5:00PM	STEP N' CORE Jeff T Studio 3212 5-6pm	CARDIO KICKBOX Lynne Studio 3212 5-6pm	POWER YOGA Cam Studio 3212 5-6:30pm	ZUMBA Steph M Studio 3212 5-6pm			
5:30PM					CYCLE CORE Jeff T Studio 3216 5:30-6:30pm		
6:00PM							
6:30PM	INTERVAL GRIND CYCLE Siobhan H Studio 3216 6-7pm	VINYASA FLOW YOGA Monique Studio 3212 6:30-7:30pm	MEDITATION & BREATH WORK Cam Studio 3212 6:30-7pm	FIRE & ICE YOGA Kirstie Studio 3212 6-7pm	WATTS UP CYCLE Jen P Studio 3216 6:30-7:30pm		
7:00PM							
8:30PM	ZUMBA Stewart Studio 3212 7-8pm		BODY BLAST Siobhan H Studio 3212 7-8pm				
8:00PM							

LEGEND: AQUAFIT FITNESS CYCLE PILATES & YOGA



Online Schedule & Class Descriptors:

Refer to the NRG Calendar on gryphons.ca/fitandrec or scan the QR code
 Class formats & instructors are subject to change.



Summer Fitness Centre Hours:

M - F: 5:30am-9:30pm
 Weekends: 7am-7:30pm
 Holidays: 10am-3pm
 Hours subject to change.