

2023 WINTER NRG CLASS SCHEDULE

MONDAY, JAN. 9TH, 2023 - THURSDAY, APR. 6TH, 2023

NO CLASSES - SAT. JAN 14 & SAT. FEB 18 TO MON. FEB 20, FRI. APR 7
CLASSES AFTER 5 PM CANCELLED FRI. MAR 31
REDUCED SCHEDULE READING WEEK - TUE. FEB 21 - SUN. FEB 26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM		★ H.I.I.T. THE WATER Red Pool 7-7:45am Jaye	★ JOGA® AC 302 7-7:45am Renee	★ SUNRISE CYCLE Studio 3216 7-7:45am Elizabeth	★ CARDIO & STRENGTH INTERVALS Studio 3212 7-7:45am Jess W		
8:00 AM							
9:00 AM	★ CARDIO & STRENGTH INTERVALS Studio 3212 9-9:30am Elena	★ CYCLE EXPRESS Studio 3216 9-9:45am Siobhan H	★ TABATA Studio 3212 9-9:45am Elena	★ CRUSH 'N CORE Studio 3212 9-9:30am Siobhan H	BARRE BURN Studio 3214 9-10am Siobhan D		
9:30 AM	★ CRUSH 'N CORE Studio 3212 9:30-10am Elena			★ ROCK BOTTOM Studio 3212 9:30-10am Siobhan H			
10:00 AM		PILATES Studio 3214 10-11am Alanna	HATHA FLOW YOGA AC 302 10-11am Nicole	♀ PILATES AC 302 10-11am Shannon *Women's Only	ZUMBA® Studio 3212 10:30-11:30am Carlos	★ CYCLE CORE Studio 3216 10-11am Jess P	HATHA FLOW YOGA AC 302 10-11am Nicole
11:00 AM		BARRE BURN Studio 3214 11am-12pm Alanna	PILATES AC 302 11am-12pm Alanna			ZUMBA® Studio 3212 11am-12pm Erika	
12:00 PM	H.I.I.T. THE WATER Red Pool 12:05-1pm Leena	★ CYCLE CORE Studio 3216 12:05-1pm Steph M	YOGA STRENGTH AC 302 12:05-1pm Ann	TRX® CIRCUIT Studio 3214 12:10-12:50pm Siobhan H	PILATES AC 302 12:05-1pm Mel T		
12:30 PM				H.I.I.T. THE WATER Red Pool 12:05-1pm Leena	★ WATTS UP CYCLE Studio 3216 12:10 -12:50pm Jen O		
1:00 PM							
2:00 PM							
3:00 PM		★ FOAM ROLL & RELEASE Studio 3212 2-2:45pm Steph M			★ TRX® HARDCORE Studio 3214 2-2:45pm Steph M		
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM	STEP N' CORE Studio 3212 5-6pm Jeff T	TRX® HARDCORE Studio 3214 5:15-5:45pm Siobhan H	CARDIO KICKBOX Studio 3212 5-6pm Lynne	KNOCKOUT BOXING Studio 3212 5-6pm Ann	HATHA FLOW YOGA AC 302 5:30-6:30pm Monique *Women's Only	HATHA FLOW YOGA AC 302 5-6pm Monique	ZUMBA® Studio 3212 5:30-6:30pm Lucy
6:00 PM	ZUMBA® Studio 3212 6-7pm Stewart	FLOW & RESTORE YOGA AC 302 5:30-6:30pm Elena	CRUSH 'N CORE Studio 3212 6-6:30pm Lynne	CYCLE CORE Studio 3216 5:30-6:30pm Jeff T	WATTS UP CYCLE Studio 3216 5:30-6:30pm Mona	★ CYCLE EXPRESS Studio 3216 5:30-6:15pm Jess P	
6:30 PM	CYCLE CORE Studio 3216 6-7pm Siobhan H	PILATES AC 302 6:30-7:30pm Nicole	ROCK BOTTOM Studio 3212 6:30-7pm Jeff B	HATHA FLOW YOGA AC 302 6-7pm Monique	PURE STRENGTH Studio 3212 6-7pm Lynne	INTERVAL GRIND CYCLE Studio 3216 6-7pm Carleigh	
7:00 PM	STRONG NATION® Studio 3212 7-8pm Stewart	INTERVAL GRIND CYCLE Studio 3216 7-8pm Jess P	BODY BLAST Studio 3212 7-8pm Jeff B	POWER YOGA AC 302 6:30-7:30pm Elira	STRONG NATION® Studio 3212 6-7pm Stewart	FLOW & RESTORE YOGA AC 302 6-7pm Kirstie	
7:30 PM		CARDIO KICKBOX AC 302 7:30-8:30pm Allie *Women's Only		WATTS UP CYCLE Studio 3216 7:30-8:30pm Jen P	ZUMBA® Studio 3212 7-8pm Steph M	INTERVAL GRIND CYCLE Studio 3216 7:30-8:30pm Jen P	
8:00 PM							
8:30 PM		JOGA® AC 302 8-9pm Renee					
9:00 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.

TRX®	YOGA & PILATES
♀ WOMEN'S ONLY	AQUAFIT
GROUP FITNESS	CYCLE

★ NEW CLASS! See class descriptions on reverse.