

NRG CLASS SCHEDULE

READING WEEK

REDUCED NRG SCHEDULE

Tuesday Feb. 18 - Friday Feb. 21, 2025

No Classes: Sat. Feb 15/25, Sun. Feb 16/25, Mon. Feb 17/25, Sat. Feb 22/25 & Sun. Feb 23/25

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
12:05-1PM	FAMILY DAY - NO CLASSES	PILATES Melanie Studio 3212 12:05 - 1pm	CYCLE EXPRESS Jen O Studio 3216 12:10 - 12:50pm	H.I.I.T. THE WATER Leena Red Pool 12:05 - 1pm	BARRE BURN Alanna Studio 3214 12:05 - 1pm	INTERVAL GRIND CYCLE Lynne Studio 3216 12:05 - 1pm
1-2PM					POP PILATES Alanna Studio 3212 1 - 2pm	
5-6PM		CYCLE CORE Jeff T Studio 3216 5 - 6pm	PILATES Tanya Studio 3212 5 - 6pm	DANCE & SCULPT Vanessa Studio 3212 5 - 6pm		
5:30-6:30PM		CARDIO KICKBOX Lynne Studio 3212 5:30 - 6:30pm	CYCLE MIX Vanessa Studio 3216 5:30 - 6:30pm	YIN YOGA Kathryn AC 302 5:30 - 6:30pm		
7-8PM			ZUMBA® Stewart Studio 3212 7 - 8pm			
7:30-8:30PM				WATTS UP CYCLE Mona Studio 3216 7:30 - 8:30pm		
8-9PM		YIN YOGA Kathryn Studio 3212 8 - 9pm				

YOGA & PILATES

GROUP FITNESS

AQUAFIT

CYCLE CLASSES

GO ONLINE!
gryphons.ca / fitandrec

Find class descriptions,
register for programs
and see what's
happening TODAY!



REDUCED FITNESS CENTRE HOURS (Feb. 15 - Feb. 22, 2025)

Sat & Sun 7am - 9:30pm // Mon 10am - 6pm // Tues-Fri 6am-9:30pm