



# NRG FITNESS CLASS SCHEDULE

Spring 2026 **MAY 11 - JUNE 30, 2026**

Tuesday, May 12 - 6:30pm TRX cancelled  
 Monday, May 18 (Victoria Day) - All classes cancelled  
 Thursday, May 28 - 12:05pm Barre Burn cancelled

	Monday	Tuesday	Wednesday	Thursday	Friday		
<b>12:05-1pm</b>	<b>Body Blast</b> Studio 3212 12:05-1pm Elena	<b>Cycle Express</b> Studio 3216 12:10-12:50pm Vanessa	<b>Pilates</b> Studio 3212 12:05-1pm Melanie	<b>Hatha Flow Yoga</b> Studio 3212 12:05-1pm Monique	<b>Cycle Express</b> Studio 3216 12:10-12:50pm Jen O	<b>Barre Burn</b> Studio 3214 12:05-1pm Alanna	<b>Workout OTD</b> Studio 3212 12:05-1pm Kathryn
<b>5-6pm</b>	<b>Step N' Core</b> Studio 3212 5-6pm Jeff T		<b>Cycle Core</b> Studio 3216 5-6pm Jeff T	<b>Pilates</b> Studio 3214 5-6pm Tanya	<b>Body Blast</b> Studio 3212 5-6pm Alex	<b>Cycle Express</b> Studio 3216 5:30-6:15pm Jenn P	
<b>6-7pm</b>	<b>Pilates</b> Studio 3212 6:15-7:15pm Melanie		<b>Power Yoga</b> Studio 302 5:30-6:30pm Kathryn	<b>Zumba ®</b> Studio 3212 6-7pm Stewart	<b>Cycle Barre</b> Studio 3216 6-7pm Vanessa		
<b>7-8pm</b>		<b>Cycle Core</b> Studio 3216 7-8pm Siobhan	<b>TRX ® All Core</b> Studio 3214 6:30-7:30pm Indigo	<b>Rhythm Ride Cycle</b> Studio 3216 7-8pm Taylor	<b>Yin Yoga</b> Studio 3212 7-8pm Kathryn	<b>Barre Burn</b> Studio 3214 7:15-8:15pm Vanessa	
<b>8-8:15pm</b>							



Check out the NRG Calendar on [gryphons.ca/fitandrec](https://gryphons.ca/fitandrec) or scan the QR code for schedule & class descriptions.

Please Note: Class formats & instructors are subject to change.

<b>Cycle</b>
<b>Group Fitness</b> <b>Pilates</b>
<b>TRX ®</b> <b>Yoga</b>