

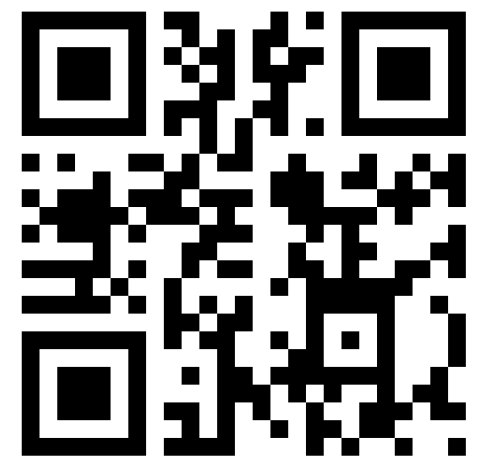


NRG FITNESS CLASS SCHEDULE

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		
12:05-1pm	Body Blast Studio 3212 12:05-1pm Elena	Cycle Express Studio 3216 12:10-12:50pm Vanessa	Pilates Studio 3212 12:05-1pm Melanie	Hatha Flow Yoga Studio 3212 12:05-1pm Monique	Cycle Express Studio 3216 12:10-12:50pm Jen O	Barre Burn Studio 3214 12:05-1pm Alanna <i>**May 14 class moved to Studio 3212**</i>	Workout OTD Studio 3212 12:05-1pm Kathryn
5-6pm	Step N' Core Studio 3212 5-6pm Jeff T		Cycle Core Studio 3216 5-6pm Jeff T	Pilates Studio 3214 5-6pm Tanya <i>**May 13 class moved to 3212**</i>	Body Blast Studio 3212 5-6pm Alex <i>**May 28 class moved to Studio 302**</i>	Cycle Express Studio 3216 5:30-6:15pm Jenn P	
6-7pm	Pilates Studio 3212 6:15-7:15pm Melanie		Power Yoga Studio 302 5:30-6:30pm Kathryn	Zumba @ Studio 3212 6-7pm Stewart	Cycle Barre Studio 3216 6-7pm Vanessa		
7-8pm		Cycle Core Studio 3216 7-8pm Siobhan	TRX @ All Core Studio 3214 6:30-7:30pm Indigo	Rhythm Ride Cycle Studio 3216 7-8pm Taylor	Yin Yoga Studio 3212 7-8pm Kathryn <i>**May 14 class moved to Studio 302**</i>	Barre Burn Studio 3214 7:15-8:15pm Vanessa <i>**May 14 class moved to Studio 3212**</i>	
8-8:15pm							



Check out the NRG Calendar on gryphons.ca/fitandrec or scan the QR code for schedule & class descriptions.

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

Cycle
Group Fitness Pilates
TRX @ Yoga