



NRG FITNESS CLASS SCHEDULE

Summer 2026 **JULY 6 - SEPTEMBER 4, 2026**

Monday, August 3 (Civic Holiday) - All classes cancelled

	Monday	Tuesday	Wednesday	Thursday	Friday
12:05-1pm	Body Blast Studio 3212 12:05-1pm Vanessa	Pilates Studio 3212 12:05-1pm Melanie	Cycle Express Studio 3216 12:10-12:50pm Melanie	Barre Burn Studio 3214 12:05-1pm Aida	Cycle Express Studio 3216 12:10-12:50pm Jessica
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	Cycle Barre Studio 3216 5-6pm Vanessa	
6-7pm	Pilates Studio 3212 6:15-7:15pm Melanie	Yin Yoga Studio 3212 6:15-7:15pm Kathryn	Zumba ® Studio 3212 6-7pm Stewart	Barre Burn Studio 3214 6:15-7:15pm Vanessa	
7-8pm		Cycle Core Studio 3216 7-8pm Siobhan		Rhythm Ride Cycle Studio 3216 6:30-7:30pm Taylor	



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	Yoga