

SCHEDULE GROUP FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 - 7:50 AM YOGA ◆	7:30 - 8:20 AM STRETCH & FLEXIBILITY ◆	7:00 - 7:50 AM BODYWEIGHT ONLY ◆◆	7:30 - 8:20 AM ABS, BUTT & THIGHS ◆	7:00 - 7:50 AM DUMBBELL BOOTCAMP ◆	10:30 - 11:30 AM DUMBBELL BOOTCAMP ◆	11:00 - 12:00 PM STABILITY & MOBILITY ◆
12:10 - 12:50 PM TOTAL BODY CONDITIONING Employees Only ◆	11:30 - 12:30 PM TRAIN LIKE AN ATHLETE ◆◆	12:10 - 12:50 PM STABILITY & MOBILITY Employees Only ◆	11:30 - 12:30 PM STRONG NATION ◆◆	11:30 - 12:30 PM BODYWEIGHT ONLY ◆		3:00 - 4:00 PM YOGA FITNESS ◆
4:00 - 5:00 PM STABILITY & MOBILITY ◆	12:10 - 12:50 PM DUMBBELL BOOTCAMP Employees Only ◆	12:30 - 1:00 PM 30 MIN DROP-IN WITH A PERSONAL TRAINER ◆	12:10 - 12:50 PM HIGH-INTENSITY INTERVAL TRAINING (HIIT) Employees Only ◆◆	12:10 - 12:50 PM ABS, BUTT & THIGHS Employees Only ◆		
	5:00 - 6:00 PM ROLLING & SELF-MASSAGE ◆	4:00 - 5:00 PM BODYWEIGHT ONLY ◆	5:30 - 6:30 PM DJAMBOOLA FITNESS ◆	4:00 - 5:00 PM STRETCH & FLEXIBILITY ◆		
	7:00 - 8:00 PM ZUMBA Residence Only (90U - Room 140) ◆	5:30 - 6:30 PM ZUMBA ◆	7:00 - 8:00 PM YOGA Residence Only (90U - Room 151) ◆			
		7:00 - 8:00 PM SURPRISE FITNESS CLASS Residence Only (90U - Room 140) ◆				
		7:00 - 8:00 PM YOGA FITNESS ◆				

Dance Studio
Montpetit Hall
(125 University Private)

Multipurpose Room
Minto Sports Complex
(801 King Edward)

90U
90U Residence
(90 University Private)

Level of intensity

◆ All levels ◆◆ Intermediate ◆◆◆ Advanced



Please note that the schedule is subject to change without notice. [Visit the website for more information.](#)

