


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	 Rowfit 8:00 AM - 8:30 AM Track Level	 Flow Yoga 7:45 AM - 8:15 AM Dance Studio	 Indoor Cycling 7:45 AM - 8:15 AM Fitness Studio	 Pilates & Barre 7:30 AM - 8:15 AM Dance Studio	<p align="center"><b>GROUP FITNESS CLASSES WEEK AT A GLANCE</b></p> <p align="center"><b>SEPT 3 - DEC 3, 2024</b></p> <p align="center">Recreation, Athletics &amp; Wellness</p>	
RAWC W.O.D. 11:10 AM - 11:55 AM SCC	RAWC W.O.D. 11:10 AM - 11:55 AM SCC	RAWC W.O.D. 11:10 AM - 11:55 AM SCC	RAWC W.O.D. 11:10 AM - 11:55 AM SCC	RAWC W.O.D. 11:10 AM - 11:55 AM SCC		
Yogilates 12:10 PM - 12:55 PM Dance Studio	Indoor Cycling 12:10 PM - 12:55 PM Fitness Studio	Glutes, Core & More 12:10 PM - 12:55 PM Dance Studio	Zumba 12:10 PM - 12:55 PM Dance Studio	Boxfit 12:10 PM - 12:55 PM Dance Studio	RAWC W.O.D. 12:10 PM - 12:55 PM SCC	RAWC W.O.D. 12:10 PM - 12:55 PM SCC
WO: Cardio HIIT 1:10 PM - 1:55 PM SCC	Women on Weights! (WOW) 1:10 PM - 1:55 PM SCC	WO: Cardio HIIT 1:10 PM - 1:55 PM SCC	WO: TRX 1:10 PM - 1:55 PM SCC	WO: Cardio HIIT 1:10 PM - 1:55 PM SCC	Barbell 101 2:00 PM - 3:00 PM SCC	Learn to Lift - OWL 2:00 PM - 3:00 PM SCC
Meditation & Movement 1:30 PM - 2:00 PM The Hub   DV 2207		H2O Paddleboard Core 1:10 PM - 1:55 PM Pool			<p><b>LEGEND</b></p> <ul style="list-style-type: none"> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #ADD8E6; border: 1px solid black; margin-right: 5px;"></span> = Aquatic Fitness</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #90EE90; border: 1px solid black; margin-right: 5px;"></span> = Women's Only</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #FFD700; border: 1px solid black; margin-right: 5px;"></span> = Express Class (30 Minutes)</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #8A2BE2; border: 1px solid black; margin-right: 5px;"></span> = Inclusive Recreation (2SLGTBQ+)</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #FF8C00; border: 1px solid black; margin-right: 5px;"></span> = Inclusive Recreation (BIPOC)</li> </ul> <p>SCC - Strength &amp; Conditioning Centre VIA - Visually Isolated Area (Fitness Centre) DV - William G. Davis Building WO - Women's Only WOD - Workout Of the Day</p> <p>Schedule subject to change. To view the most up-to-date schedule and to reserve your spot in a class, scan the QR code</p> 	
	WO: Strength 101 4:10 PM - 4:55 PM SCC	Women on Weights! (WOW) 4:10 PM - 4:55 PM SCC	WO: Hypertrophy 101 4:10 PM - 4:55 PM SCC	Women on Weights! (WOW) 4:10 PM - 4:55 PM SCC		
	WO Barbell 101 5:10 PM - 5:55 PM SCC	Pride Pump 5:10 PM - 5:55 PM SCC	Women on Weights! (WOW) 5:10 PM - 5:55 PM SCC	Indoor Cycling 5:10 PM - 5:55 PM Fitness Studio		
H2O Bootcamp 5:10 PM - 5:55 PM Pool	Hatha Yoga 5:10 PM - 5:55 PM Dance Studio	Pilates 5:10 PM - 5:55 PM Dance Studio		Kathak Dance 6:10 PM - 6:55 PM Dance Studio		
Beginner Boxing 6:10 PM - 6:55 PM Dance Studio	Bootcamp 6:10 PM - 6:55 PM VIA	Intermediate Boxing 6:10 PM - 6:55 PM Dance Studio		Salsa & Bachata 7:10 PM - 8:00 PM Dance Studio		
Cycle Core 7:10 PM - 7:55 PM Fitness Studio	Soul Sweat 7:10 PM - 7:55 PM SSC	Cycle Core 7:10 PM - 7:55 PM Fitness Studio	Swing & Cha Cha 8:00 PM - 8:50 PM Dance Studio			
Rainbow Rhythm 7:10 PM - 7:55 PM Dance Studio						