

# GROUP FITNESS CLASSES RELOCATION

Effective: March 2-12, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RAWC W.O.D. 11:10 AM - 11:55 AM Fitness Centre	RAWC W.O.D. 11:10 AM - 11:55 AM Fitness Centre	RAWC W.O.D. 11:10 AM - 11:55 AM Fitness Centre	RAWC W.O.D. 11:10 AM - 11:55 AM Fitness Centre	RAWC W.O.D. 11:10 AM - 11:55 AM Fitness Centre	RAWC W.O.D. 12:10 PM - 12:55 PM Fitness Centre	RAWC W.O.D. 12:10 PM - 12:55 PM Fitness Centre
WO: Cardio HIIT 1:10 PM - 1:55 PM Dance Studio	Women on Weights! (WOW) 1:10 PM - 1:55 PM Dance Studio	WO: Cardio HIIT 1:10 PM - 1:55 PM Dance Studio	Cancelled: WO: TRX 1:10 PM - 1:55 PM	WO: Cardio HIIT 1:10 PM - 1:55 PM Dance Studio		Cancelled: Learn to Lift - OWL 2:00 PM - 3:00 PM
Women on Weights! (WOW) 4:10 PM - 4:55 PM Multi-Purpose Room B	WO: Strength 101 4:10 PM - 4:55 PM Multi-Purpose Room B	Cancelled: Women on Weights! (WOW) 4:10 PM - 4:55 PM	WO: Hypertrophy 101 4:10 PM - 4:55 PM Multi-Purpose Room B	Women on Weights! (WOW) 4:10 PM - 4:55 PM Multi-Purpose Room B	<p><b>We're upgrading the SCC!</b></p> <p>We appreciate your patience and understanding as we revamp the SCC. We're closing it from March 2-12 to work on some exciting upgrades.</p> <p>To reduce disruptions, we've relocated some classes temporarily, but a few are cancelled. We expect to be back to regular programming and location by March 13!</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: Cardio HIIT 5:10 PM - 5:55 PM Multi-Purpose Room B	Cancelled: Pride Pump 5:10 PM - 5:55 PM	Women on Weights! (WOW) 5:10 PM - 5:55 PM Multi-Purpose Room B			
		Cancelled: Soul Sweat 6:10 PM - 6:55 PM				