












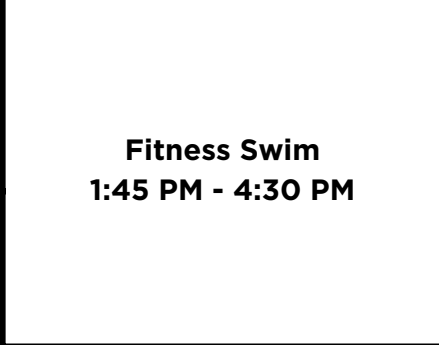






| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|---|---|---|---|
| Rowfit 7:40 AM - 8:10 AM Track Level |  | Flow Yoga 7:40 AM - 8:10 AM Dance Studio | Bootcamp 7:40 AM - 8:10 AM Dance Studio | Pilates 7:40 AM - 8:10 AM Multi-Purpose A | HOURS OF OPERATION MON - FRI: 7:30 AM - 9:00 PM SAT - SUN: 10:00 AM - 5:00 PM | |
| RAWC WOD 11:10 AM - 11:55 AM SCC | Athletic Conditioning 10:30 AM - 11:45 AM SCC | RAWC WOD 11:10 AM - 11:55 AM SCC | Athletic Conditioning 10:30 AM - 11:45 AM SCC | RAWC WOD 11:10 AM - 11:55 AM SCC | | |
| Indoor Cycling 12:10 PM - 12:55 PM Multi-Purpose A | Glutes, Core & More 12:10 PM - 12:55 PM Dance Studio | H2O SUP Yogilates 12:00 PM - 12:55 PM Pool | Cardio Dance 12:10 PM - 12:55 PM Dance Studio | Cycle Yoga 12:10 PM - 12:55 PM Multi-Purpose A | Zumba 12:10 PM - 12:55 PM Dance Studio |  |
| Cycle/Yoga 1:10 PM - 1:55 PM Dance Studio | RAWC WOD 12:10 PM - 12:55 PM SCC |  | RAWC WOD 12:10 PM - 12:55 PM SCC | Meditation 1:10 PM - 1:30 PM Dance Studio | RAWC WOD 1:10 PM - 1:55 PM SCC | RAWC WOD 1:10 PM - 1:55 PM SCC |
| WO: Cardio HIIT 1:10 PM - 1:55 PM SCC | Yoga & Meditation 1:10 PM - 1:40 PM Dance Studio | | Women on Weights! (WOW) 1:10 PM - 1:55 PM SCC | WO: Barbell 101 1:10 PM - 1:55 PM SCC | Boot Camp 4:10 PM - 04:55 PM Track Level | Boot Camp 4:10 PM - 4:55 PM Track Level |
| Women on Weights! (WOW) 4:10 PM - 4:55 PM SCC | Women on Weights! (WOW) 1:10 PM - 1:55 PM SCC | WO: TRX 1:10 PM - 1:55 PM SCC | WO: Cardio HIIT 4:10 PM - 4:55 PM SCC | Women on Weights! (WOW) 4:10 PM - 4:55 PM SCC | LEGEND  = Aquatic Fitness  = Express Class (30 Minutes)  = Women's Only SCC - Strength & Conditioning Centre SUP - Stand Up Paddleboard VIA - Fitness Centre VIA WO - Women's Only WOD - Workout Of the Day Schedule subject to change. To view the most up-to-date schedule, learn more about each class, and reserve your spot, visit uoft.me/utmgrouppfitness | |
| RAWC WOD 5:10 PM - 5:55 PM SCC | WO: Barbell 101 4:10 PM - 4:55 PM SCC | Women on Weights! (WOW) 4:10 PM - 4:55 PM SCC | H2O Kickboxing 4:15 PM - 5:00 PM Pool | RAWC WOD 5:10 PM - 5:55 PM SCC | | |
| H2O Boot Camp 5:10 PM - 6:00 PM Pool | Flow Yoga 4:30 PM - 5:15 PM Dance Studio | Beginner Boxing 5:10 PM - 5:55 PM Multi-Purpose A | Indoor Cycling 5:10 PM - 6:00 PM Multi-Purpose A | Barbell 101 6:00 PM - 6:45 PM SCC | | |
| Cycle Core 7:00 PM - 7:50 PM Multi-Purpose A | RAWC WOD 5:10 PM - 5:55 PM SCC | RAWC WOD 5:10 PM - 5:55 PM SCC | RAWC WOD 5:10 PM - 5:55 PM SCC | Cardio HIIT 7:00 PM - 7:45 PM VIA | | |
| Athletic Conditioning 7:15 PM - 8:30 PM SCC | H2O Body Blast 6:00 PM - 6:50 PM Pool | Pilates 5:10 PM - 5:55 PM Dance Studio | Boot Camp 6:10 PM - 6:55 PM Track Level |  | | |
|  | Zumba 6:10 PM - 6:55 PM Dance Studio | Boxfit 6:10 PM - 6:55 PM Dance Studio | Rowfit 7:00 PM - 7:30 PM Track Level | | | |
| | Rowfit 7:00 PM - 7:30 PM Track Level | Learn to Lift 7:15 PM - 8:30 PM SCC |  | | | |
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JUNE 5 - 29, 2023 | AQUATIC PROGRAMS

WEEK AT A GLANCE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|---|--|--|---|
| Fitness Swim 7:30 AM - 8:50 AM | Fitness Swim 7:30 AM - 1:45PM | Fitness Swim 7:30 AM - 9:50 AM | Fitness Swim 7:30 AM - 8:50 AM | Fitness Swim 7:30 AM - 9:50 AM | HOURS OF OPERATION MON - FRI: 7:30 AM - 9:00 PM SAT - SUN: 10:00 AM - 5:00 PM | |
| Stand Up Paddleboard (SUP) 9:00 AM - 9:50 AM |  | Women's Only Fitness Swim 10:00 AM - 11:50 AM | Stand Up Paddleboard (SUP) 9:00 AM - 9:50 AM | Women's Only Fitness Swim 10:00 AM - 11:50 AM | | |
| Fitness Swim 10:00 AM - 2:50 PM | | Stand Up Paddleboard (SUP) 3:00 PM - 3:55 PM | H2O SUP Yogilates 12:00 PM - 12:55 PM | Fitness Swim 10:00 AM - 1:45 PM | Fitness Swim 12:00 PM - 2:50 PM |  |
| | Fitness Swim 12:00 PM - 2:45 PM | | Stand Up Paddleboard (SUP) 3:00 PM - 3:55 PM | |  | |
| Fitness Swim 4:00 PM - 5:50 PM | Fitness Swim 4:00 PM - 5:50 PM |  | Stand Up Paddleboard (SUP) 3:00 PM - 3:55 PM | Fitness Swim 4:00 PM - 5:50 PM | |  |
| H2O Boot Camp 5:10 PM - 6:00 PM | H2O Body Blast 6:00 PM - 6:50 PM | | H2O Kickboxing 4:15 PM - 5:00 PM | Fitness Swim 4:00 PM - 5:50 PM | Fitness Swim 1:45 PM - 4:30 PM | |
| Women's Only Fitness Swim 6:10 PM - 8:45 PM | Fitness Swim 7:00 PM - 8:45 PM | | Fitness Swim 4:00 PM - 8:45 PM | Sports, Games, & Play 6:00 PM - 8:45PM | LEGEND  = Group Fitness Class  = Stand Up Paddleboard (SUP)  = Women's Only Schedule subject to change. To view the most up-to-date schedule, learn more about each class, and reserve your spot, visit uoft.me/utmaquatics | |
|  | Coached Swim 7:15 PM - 8:45PM | | | | | |