

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Boot Camp 7:40 AM - 8:10 AM Track Level	Indoor Cycling 7:40 AM - 8:10 AM Multi-Purpose A	Hatha Yoga 7:40 AM - 8:10 AM Dance Studio	Pilates 7:40 AM - 8:10 AM Dance Studio	Cycle Pilates 7:40 AM - 8:25 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	Strength & Conditioning 10:30 AM - 11:45 AM SCC	RAWC WOD 11:10 AM - 11:55 AM SCC	Strength & Conditioning 10:30 AM - 11:45 AM SCC	RAWC WOD 11:10 AM - 11:55 AM SCC	Cardio HIIT 12:10 PM - 12:55 PM Dance Studio	RAWC WOD 1:10 PM - 1:55 PM SCC
Indoor Cycling 12:10 PM - 12:55 PM Multi-Purpose A	Glutes, Core & More 12:10 PM - 12:55 PM Dance Studio			Cycle Yoga 12:10 PM - 12:55 PM Multi-Purpose A	RAWC WOD 1:10 PM - 1:55 PM SCC	Yin Yoga 3:00 PM - 3:50 PM Dance Studio
Yogilates 1:10 PM - 1:55 PM Dance Studio	Yoga & Meditation 1:10 PM - 1:40 PM Dance Studio	H2O SUP Pilates 12:10 PM - 01:00 PM Pool	Cardio Dance 12:10 PM - 12:55 PM Dance Studio	Meditation 1:10 PM - 1:30 PM Dance Studio	Boot Camp 4:10 PM - 04:55 PM Track Level	Boot Camp 4:10 PM - 4:55 PM Track Level
WO: Cardio HIIT 1:10 PM - 1:55 PM SCC	Women on Weights! (WOW) 1:10 PM - 1:55 PM SCC	WO: TRX 1:10 PM - 1:55 PM SCC	Women on Weights! (WOW) 1:10 PM - 1:55 PM SCC	WO: Barbell 101 1:10 PM - 1:55 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 DELATED START DATE H2O Strength begins January 18th	
Women on Weights! (WOW) 4:10 PM - 4:55 PM SCC	WO: Cardio HIIT 4:10 PM - 4:55 PM SCC	Women on Weights! (WOW) 4:10 PM - 4:55 PM SCC	WO: Barbell 101 4:10 PM - 4:55 PM SCC	Strength & Conditioning 2:30 PM - 3:45 PM SCC		
H2O Boot Camp 5:10 PM - 6:00 PM Pool	Hatha Yoga 5:10 PM - 5:55 PM Dance Studio	Pilates 5:10 PM - 5:55 PM Dance Studio	Indoor Cycling 5:10 PM - 6:00 PM Multi-Purpose A	Women on Weights! (WOW) 4:10 PM - 4:55 PM SCC		
Cycle Core 7:00 PM - 7:50 PM Multi-Purpose A	H2O High Intensity 6:00 PM - 6:50 PM Pool	Cardio HIIT 7:00 PM - 7:45 PM VIA	H2O Cardio Dance 6:00 PM - 6:50 PM Pool	Barbell 101 6:00 PM - 6:45 PM SCC		
Strength & Conditioning 7:15 PM - 8:30 PM SCC	Zumba 6:10 PM - 6:55 PM Dance Studio	Strength & Conditioning 7:15 PM - 8:30 PM SCC	Rowfit 7:00 PM - 7:30 PM Track Level	Cardio HIIT 7:00 PM - 7:45 PM VIA		
	Rowfit 7:00 PM - 7:30 PM Track Level	H2O Strength 7:30 PM - 8:30 PM Pool				