

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<p>Rowfit 8:00 AM - 8:30 AM Track Level</p>	<p>Flow Yoga 7:45 AM - 8:15 AM Dance Studio</p>	<p>Pilates 7:45 AM - 8:15 AM Dance Studio</p>	<p>Rowfit 8:00 AM - 8:30 AM Dance Studio</p>	<p>GROUP FITNESS CLASSES WEEK AT A GLANCE MAY 6 - JUNE 27, 2024</p> <p>Recreation, Athletics & Wellness</p>	
<p>Yogilates 12:10 PM - 12:55 PM Dance Studio</p>	<p>Hypertrophy 101 11:10 AM - 11:55 AM SCC</p>	<p>Glutes, Core & More 12:10 PM - 12:55 PM Dance Studio</p>	<p>Strength 101 11:10 AM - 11:55 AM SCC</p>	<p>Beginner Boxing 12:10 PM - 12:55 PM Dance Studio</p>		
<p>WO: Cardio HIIT 1:10 PM - 1:55 PM SCC</p>	<p>Women on Weights! (WOW) 1:10 PM - 1:55 PM SCC</p>	<p>WO: TRX 1:10 PM - 1:55 PM SCC</p>	<p>Women on Weights! (WOW) 1:10 PM - 1:55 PM SCC</p>	<p>WO: Cardio HIIT 1:10 PM - 1:55 PM SCC</p>		
		<p>H2O Paddleboard Core 1:10 PM - 1:55 PM Pool</p>			<p>Yin Yoga 1:10 PM - 1:55 PM Dance Studio</p>	<p>Advanced Boxing 2:00 PM - 3:00 PM Dance Studio</p>
<p>RAWC W.O.D. 3:10 PM - 3:55 PM SCC</p>	<p>RAWC W.O.D. 3:10 PM - 3:55 PM SCC</p>	<p>RAWC W.O.D. 3:10 PM - 3:55 PM SCC</p>	<p>RAWC W.O.D. 3:10 PM - 3:55 PM SCC</p>	<p>RAWC W.O.D. 3:10 PM - 3:55 PM SCC</p>	<p>Cycle Core 4:00 PM - 4:45 PM Dance Studio</p>	
<p>Women on Weights! (WOW) 4:10 PM - 4:55 PM SCC</p>	<p>WO Strength 101 4:10 PM - 4:55 PM SCC</p>	<p>Women on Weights! (WOW) 4:10 PM - 4:55 PM SCC</p>	<p>WO Hypertrophy 101 4:10 PM - 4:55 PM SCC</p>	<p>Women on Weights! (WOW) 4:10 PM - 4:55 PM SCC</p>	<p>LEGEND</p> <p> = Aquatic Fitness</p> <p> = Women's Only</p> <p> = Express Class (30 Minutes)</p> <p>SCC - Strength & Conditioning Centre SUP - Stand Up Paddleboard VIA - Fitness Centre VIA 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>	
<p>WO: H2O Bootcamp 5:10 PM - 5:55 PM Pool</p>	<p>WO Barbell101 5:10 PM - 5:55 PM SCC</p>		<p>WO: Cardio HIIT 5:10 PM - 5:55 PM SCC</p>	<p>Indoor Cycling 5:10 PM - 5:55 PM Dance Studio</p>		
	<p>Hatha Yoga 5:10 PM - 5:55 PM Dance Studio</p>	<p>Intermediate Boxing 6:10 PM - 6:55 PM Dance Studio</p>	<p>Bootcamp 6:10 PM - 6:55 PM Track Level</p>			
<p>Beginner Boxing 6:10 PM - 6:55 PM Dance Studio</p>		<p>Cycle Core 7:10 PM - 7:55 PM Dance Studio</p>	<p>Salsa & Bachata 7:00 PM - 7:50 PM Dance Studio</p>			
<p>Cycle Core 7:10 PM - 7:55 PM Dance Studio</p>			<p>Swing & Cha Cha 8:00 PM - 8:50 PM Dance Studio</p>			