

GROUP **exH**

Fall Schedule 2022, Sep. 6 – Dec. 23

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Spin + Core (12:05p.m.-12:50p.m.)</p> <p>GGG* (1:05p.m.-1:50p.m.) <i>*Glutes, Guts and Guns</i></p> <p>TBC* (5:00p.m.-5:45p.m.) <i>*Total Body Conditioning</i></p> <p>Yoga (6:00p.m.-6:45p.m.)</p>	<p>Yoga (12:05p.m.-12:50p.m.)</p> <p>TBC* (1:05p.m.-1:50p.m.) <i>*Total Body Conditioning</i></p> <p>Core Burner (5:00p.m.-5:30p.m.)</p> <p>Dance X (6:00p.m.-6:45p.m.)</p>	<p>TBC* (12:05p.m.-12:50p.m.) <i>*Total Body Conditioning</i></p> <p>Yoga (1:05p.m.-1:50p.m.)</p> <p>Spin + Core (5:00p.m.-5:45p.m.)</p> <p>Yoga (6:00p.m.-6:45p.m.)</p>	<p>Yoga (12:05p.m.-12:50p.m.)</p> <p>GGG* (1:05p.m.-1:50p.m.) <i>*Glutes Guts and Guns</i></p> <p>GGG* (5:00p.m.-5:45p.m.) <i>*Glutes Guts and Guns</i></p>	<p>GGG* (12:05p.m.-12:50p.m.) <i>*Glutes, Guts and Guns</i></p> <p>Yoga (1:05p.m.-1:50p.m.)</p>



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today!

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