



CITY TECH



GROUP FITNESS SCHEDULE SPRING 2025

JANUARY - MAY

Monday	Tuesday	Wednesday	Thursday	Friday
CIRCUIT TRAINING Phase 1 9:00 – 1:00	CIRCUIT TRAINING Phase 1 9:00 – 10:00	CROSS FIT TRAINING Phase 1 9:00 – 11:00	CIRCUIT TRAINING Phase 1 9:00 – 1:00	ABS FOR EVERYONE 9:00 – 11:00
CROSS FIT TRAINING Phase 1 1:00 – 3:00	ABS FOR EVERYONE 10:00 – 12:00	CIRCUIT TRAINING Phase 2 11:00 – 1:00	CROSS FIT TRAINING Phase 2 2:00 – 4:00	CIRCUIT TRAINING Phase 1 9:00 – 2:00
CIRCUIT TRAINING Phase 2 4:00 – 5:00	ZUMBA 12:00 – 2:00	TRX 10 FOR EVERYONE 1:00 – 3:00	CIRCUIT TRAINING Phase 1 4:00 – 5:00	ZUMBA 11:00 – 1:00
CROSS FIT TRAINING Phase 2 5:00 – 6:00	YOGA 2:00 – 4:00	CIRCUIT TRAINING Phase 1 4:00 – 5:00	CROSS FIT TRAINING Phase 1 5:00 – 6:00	YOGA 1:00 – 2:00
	CIRCUIT TRAINING Phase 1 4:00 – 6:00	MARTIAL ARTS Phase 1 4:00 – 6:00		

STAY FIT

285 Jay Street
(A LL204)

TO JOIN GROUP FITNESS BY APPOINTMENT ONLY
REGISTER IN ADVANCE ON THE CITY TECH RECREATION & INTRAMURAL WEBSITE
RECREATION & INTRAMURAL OFFICE
LOCATED IN ROOM A LL112