



CITY TECH



GROUP FITNESS SCHEDULE

SUMMER 2025

JUNE - AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday
CIRCUIT TRAINING Phase 1 9:00 – 1:00	CIRCUIT TRAINING Phase 1 9:00 – 1:00	CROSS FIT TRAINING Phase 1 9:00 – 1:00	CIRCUIT TRAINING Phase 1 9:00 – 1:00	
CROSS FIT TRAINING Phase 1 1:00 – 3:00	ABS FOR EVERYONE 11:00 -1:00	TRX 10 RESISTANCE TRAINING 1:00 – 3:00	CIRCUIT TRAINING Phase 2 1:00 – 3:00	
CROSS FIT TRAINING Phase 2 3:00 – 5:00	ZUMBA 1:00 – 3:00	CIRCUIT TRAINING Phase 1 3:00 – 5:00	CROSS FIT TRAINING Phase 2 3:00 – 5:00	
	YOGA 3:00 – 5:00			
	CIRCUIT TRAINING Phase 1&2 1:00 – 5:00			

STAY  FIT

285 Jay Street

(A LL204)

TO JOIN GROUP FITNESS BY APPOINTMENT ONLY
REGISTER IN ADVANCE ON THE CITY TECH RECREATION & INTRAMURAL WEBSITE

ALL SCHEDULES SUBJECT TO CHANGE