

GROUP FITNESS SCHEDULE

FALL 2023

SEPTEMBER - DECEMBER

CIRCUIT TRAINING Phase 1 11:00 - 1:00 11:00 -	Monday	Tuesday	Wednesday	Thursday	Friday
TRAINING Phase 1 11:00 - 1:00 CROSS FIT TRAINING Phase 1 11:00 - 1:00 CROSS FIT TRAINING Phase 1 11:00 - 1:00 TRAINING Phase 1 11:00 - 1:00 TRAINING Phase 1 11:00 - 1:00 CROSS FIT TRAINING Phase 1 1:00 - 2:00 TRAINING Phase 1 1:00 - 2:00 CROSS FIT TRAINING Phase 1 1:00 - 2:00 TRAINING Phase 1 1:00 - 2:00 CROSS FIT TRAINING Phase 2 2:00 - 3:00 MARTIAL ARTS Phase 1 3:00 - 4:00 TRAINING Phase 1 11:00 - 1:00 CROSS FIT TRAINING Phase 1 2:00 - 3:00 CROSS FIT TRAINING Phase 1 3:00 - 4:00 ZUMBA	CIRCUIT	CROSS FIT	ABS	CIRCUIT	ZUMBA
Phase 1					
T1:00 - 1:00			EVERYONE		11:00 - 1:00
TRAINING Phase 1 1:00 - 2:00 CROSS FIT TRAINING Phase 2 2:00 - 3:00 MARTIAL ARTS Phase 1 2:00 - 3:00 MARTIAL ARTS Phase 1 3:00 - 4:00 ZUMBA TRAINING Phase 1 1:00 - 2:00 TRAINING Ph	11:00 – 1:00	V 11:00 -1:00	11:00 – 1:00	11:00 – 1:00	
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Phase 1 3:00 – 4:00 Phase 1 4:00 – 5:00		ARTS 🧶	TRAINING		
ZUMBA					
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5:00 - 6:00		-	ZUMBA		
	ØL.		5:00 - 6:00		



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