

UCT FITNESS CLASS SCHEDULE:

All via Zoom

Monday

12:30 pm: Total Body Conditioning

Tuesday

10:45 am: Gentle Fit

12:30 pm: 20/20/20

Wednesday

10:45 am: Intervals

12:30 pm: Total Body Conditioning

Thursday

10:45 am: Gentle Fit

12:30 pm: Yoga/Pilates

Friday

12:30 pm: Yoga/Pilates

Personal Training is available upon request.

These appointments have to be determined based on capacity and coordinated thru Alix:

Sports@UClubToronto.com