



WINTER 2025 (JAN 6 - APR 26)

SENIOR RAVENS SCHEDULE

MONDAY

6:10 AM - 7:25 AM
FITNESS SWIM
SHALLOW ONLY

7:00 AM - 12:00 PM
TRACK & FITNESS
CENTRE ACCESS

9:30 AM - 10:45 AM
STRETCH & STRENGTH
CURT B. MP ROOM/ONLINE

11:45 AM - 1:15 PM
REC SWIM
WHOLE POOL

12:05 PM - 12:55 PM
AQUAFIT
MEGAN S. SHALLOW END

TUESDAY

7:35 AM - 8:50 AM
FITNESS SWIM
SHALLOW ONLY

7:00 AM - 12:00 PM
TRACK & FITNESS
CENTRE ACCESS

9:30 AM - 10:30 AM
CU SPIN HIITS
EMILANO SPIN STUDIO

11:45 AM - 1:15 PM
REC SWIM
WHOLE POOL

12:05 PM - 12:55 PM
CORE STRONG
DANIEL Z. YOGA STUDIO

NEW

WEDNESDAY

6:10 AM - 7:25 AM
FITNESS SWIM
SHALLOW ONLY

7:00 AM - 12:00 PM
TRACK & FITNESS
CENTRE ACCESS

9:30 AM - 10:45 AM
STRETCH & STRENGTH
TOM S. MP ROOM/ONLINE

11:45 AM - 1:15 PM
REC SWIM
WHOLE POOL

THURSDAY

7:35 AM - 8:50 AM
FITNESS SWIM
SHALLOW + LONG COURSE

7:00 AM - 12:00 PM
TRACK & FITNESS
CENTRE ACCESS

11:45 AM - 1:15 PM
REC SWIM
WHOLE POOL

12:05 PM - 12:55 PM
FLOW YOGA
TARA A. YOGA STUDIO

NEW

FRIDAY

6:10 AM - 7:25 AM
FITNESS SWIM
SHALLOW ONLY

7:00 AM - 12:00 PM
TRACK & FITNESS
CENTRE ACCESS

9:30 AM - 10:45 AM
STRETCH & STRENGTH
DANIEL Z. MP ROOM/ONLINE

11:45 AM - 1:15 PM
REC SWIM
WHOLE POOL

WOMEN ONLY FITNESS CENTRE HOURS ARE OFFERED DAILY
FROM 10:00 AM - 11:30 AM