

# Your group training

group	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:45						Marygrace, Adrian or Howie	
9:00						Marygrace, Adrian or Howie	
12:00		Ruel		Ruel	Adrian		
5:30		Marygrace		Marygrace			
7:00			Nicole				

For more information on Group Training, see [wellnessinstitute.ca/group-training/](https://wellnessinstitute.ca/group-training/)

No classes: See the holiday schedule on our website for holiday closures and class cancellations. In Online Services, the instructor will show as No Class on affected dates.

*Purchase unlimited group training or individual passes in Wellness Online Services, or at the Front Desk.*

Updated March 13, 2023. Subject to change.

For class descriptions and the most up-to-date information, check out [schedules.wellnessinstitute.ca](https://schedules.wellnessinstitute.ca)