

TEAM TRAINING SCHEDULE

Group Session	Day & Time	Location
Swimming	Mondays: 7am to 8am Thursdays: 530pm to 630pm	Fun2BFit Pool 90 Gerrard St. E. (Nursing Residence) *Pool is located on Level B2
Cycling	Tuesdays: 530pm to 7pm Fridays: 530pm to 7pm <i>Reminder: Team UHN members have unlimited access to Spin Studio classes</i>	Team UHN Spin Studio Unity Hall, Nursing Residence 90 Gerrard St. E.
Running	Wednesdays: 530pm *Meet at Fun2BFit Desk	Fun2BFit 90 Gerrard St. E. (Nursing Residence)

*Please note: Additional sessions, weekend training and camps will be added to the Spring & Summer schedule