10XTO ATHLETIC CLUB

GROUP FITNESS SCHEDULE

Effective Nov 2, 2026

MONDAY

- **7:00AM** HIIT — *Strength Zone*
- **12:00PM** MAT PILATES — *Studio X*
- **1:00PM** STRENGTH $ — *Strength Zone*
- **2:00PM** STRENGTH $ — *Strength Zone*
- **6:00PM** CORE X — *Studio X*
- **6:15PM** ATHLETIC CONDITIONING — *Strength Zone*
- **7:00PM** HOT YOGA — *Hot Yoga Studio*

TUESDAY

- **6:15AM** HIIT — *Strength Zone*
- **7:15AM** **RUN CLUB** — *Member Lead*
- **10:00AM** HOT YOGA — *Hot Yoga Studio*
- **12:00PM** HIIT — *Strength Zone*
- **1:00PM** X MOBILITY LAB — *Strength Zone*
- **7:00PM** HIIT — *Strength Zone*
- **7:00PM** HOT YOGA — *Hot Yoga Studio*
- **8:00PM** SLOW FLOW & DEEP STRETCH — *Hot Yoga Studio*

WEDNESDAY

- **7:00AM** HIIT — *Strength Zone*
- **10:00AM** SPORT MOBILITY — *Hot Yoga Studio* ***no heat***
- **12:00PM** YOGA FLOW — *Hot Yoga Studio* ***no heat***
- **1:00PM** STRENGTH $ — *Strength Zone*
- **2:00PM** STRENGTH $ — *Strength Zone*
- **6:00PM** YOGALATES — *Studio X*
- **6:15PM** HIIT — *Strength Zone*
- **7:00PM** ADULT BALLET OPEN CLASS — *Studio X*
- **7:00PM** HOT YOGA — *Hot Yoga Studio*
- **8:00PM** SLOW FLOW & DEEP STRETCH — *Hot Yoga Studio*

THURSDAY

- **6:15AM** HIIT — *Strength Zone*
- **10:00AM** HOT YOGA — *Hot Yoga Studio*
- **12:00PM** BOX & LIFT — *Strength Zone*
- **6:15PM** HIIT — *Strength Zone*
- **7:15PM** SLOW FLOW & DEEP STRETCH — *Hot Yoga Studio* ***no heat***

FRIDAY

- **7:00AM** HIIT — *Strength Zone*
- **8:00AM** SUNRISE HOT YOGA — *Hot Yoga Studio*
- **12:00PM** MAT PILATES — *Studio X*
- **1:00PM** STRENGTH $ — *Strength Zone*
- **2:00PM** STRENGTH $ — *Strength Zone*
- **5:15PM** HIIT — *Strength Zone*
- **6:00PM** HOT YOGA — *Hot Yoga Studio*

SATURDAY

- **8:00AM** HIIT — *Strength Zone*
- **9:00AM** CORE X — *Studio X*
- **9:00AM** HIIT — *Strength Zone*
- **10:00AM** HOT YOGA — *Hot Yoga Studio*
- **11:00AM** YOGALATES — *Studio X*
- **12:00PM** ADULT BALLET OPEN CLASS — *Studio X*

SUNDAY

- **9:00AM** ATHLETIC CONDITIONING — *Strength Zone*
- **10:00AM** ATHLETIC CONDITIONING — *Strength Zone*
- **10:00AM** HOT YOGA — *Hot Yoga Studio*
- **12:00PM** SLOW FLOW & DEEP STRETCH — *Hot Yoga Studio*

$ *Additional fee ($15 + HST)*

Register for classes via the 10XTO App. Class schedule subject to change.