

GROUP FITNESS SCHEDULE

Effective November 1, 2025



MONDAY

7:00AM	HIIT <i>Strength Zone</i>
12:00PM	SCULPT & TONE <i>Hot Yoga Studio</i>
1:00PM	STRENGTH 💰 <i>Strength Zone</i>
2:00PM	STRENGTH 💰 <i>Strength Zone</i>
5:30PM	ATHLETIC CONDITIONING <i>Strength Zone</i>
6:00PM	INFERNO PILATES <i>Hot Yoga Studio</i>
6:30PM	ATHLETIC CONDITIONING <i>Strength Zone</i>
7:00PM	HOT YOGA FLOW <i>Hot Yoga Studio</i>
8:00PM	BREATHWORK & MEDITATION <i>Hot Yoga Studio</i>

TUESDAY

7:15AM	RUN CLUB <i>Members' Lounge</i>
6:15AM	HIIT <i>Strength Zone</i>
7:30AM	SCULPT & TONE <i>Hot Yoga Studio</i>
9:30AM	HOT YOGA FLOW <i>Hot Yoga Studio</i>
12:00PM	HIIT <i>Strength Zone</i>
6:00PM	SPORT MOBILITY <i>Hot Yoga Studio</i>
7:00PM	YOUTH ATHLETICS <i>Strength Zone</i> ages 9+
7:00PM	ATHLETIC CONDITIONING <i>Strength Zone</i>
7:00PM	DEEP STRETCH <i>Hot Yoga Studio</i>

WEDNESDAY

7:00AM	HIIT <i>Strength Zone</i>
9:30AM	SPORT MOBILITY <i>Hot Yoga Studio</i> sauna off
12:00PM	YOGA FLOW <i>Hot Yoga Studio</i> sauna off
1:00PM	STRENGTH 💰 <i>Strength Zone</i>
2:00PM	STRENGTH 💰 <i>Strength Zone</i>
6:00PM	MOBILITY & STRETCH <i>Hot Yoga Studio</i>
6:00PM	TRX & STRENGTH <i>Strength Zone</i>
7:00PM	ATHLETIC CONDITIONING <i>Strength Zone</i>
7:00PM	YOGA FLOW <i>Hot Yoga Studio</i>

THURSDAY

7:00AM	HIIT <i>Strength Zone</i>
9:30AM	YOGA FLOW <i>Hot Yoga Studio</i> sauna off
12:00PM	HIIT & BOX <i>Strength Zone</i>
5:30PM	BOX & LIFT <i>Strength Zone</i>
6:15PM	GUIDED BREATHWORK <i>Contrast Zone</i>
6:30PM	TRX & STRENGTH <i>Strength Zone</i>
7:15PM	SLOW FLOW & DEEP STRETCH <i>Hot Yoga Studio</i> sauna off
7:30PM	ATHLETIC CONDITIONING <i>Strength Zone</i>

FRIDAY

6:30AM	HIIT <i>Strength Zone</i>
7:30AM	SUNRISE YOGA <i>Hot Yoga Studio</i>
12:00PM	MAT PILATES <i>Hot Yoga Studio</i>
1:00PM	STRENGTH 💰 <i>Strength Zone</i>
2:00PM	STRENGTH 💰 <i>Strength Zone</i>
5:30PM	BOX & LIFT <i>Strength Zone</i>
6:30PM	SLOW FLOW & DEEP STRETCH <i>Hot Yoga Studio</i> sauna off

SATURDAY

9:00AM	PUMP & TONE <i>Studio X</i>
9:15AM	HIIT <i>Strength Zone</i>
10:00AM	HOT YOGA <i>Hot Yoga Studio</i> effective Nov. 15
10:15AM	HIIT <i>Strength Zone</i>
11:00AM	KIDS MOVEMENT <i>Strength Zone</i> ages 5 - 8
11:15AM	YOGALATES <i>Hot Yoga Studio</i>
12:00PM	YOUTH ATHLETICS <i>Strength Zone</i> ages 9+
12:30PM	ADULT BALLET OPEN CLASS <i>Studio X</i>

SUNDAY

9:00AM	ATHLETIC CONDITIONING <i>Strength Zone</i>
10:00AM	ATHLETIC CONDITIONING <i>Strength Zone</i>
10:00AM	HOT YOGA FLOW <i>Hot Yoga Studio</i>
11:00AM	KIDS MOVEMENT <i>Strength Zone</i> ages 5 - 8
12:00PM	SLOW FLOW & DEEP STRETCH <i>Hot Yoga Studio</i>
12:00PM	YOUTH ATHLETICS <i>Strength Zone</i> ages 9+

💰 Additional fee (\$15 + HST)

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