

GROUP FITNESS SCHEDULE

Effective February 23, 2026



MONDAY

- 7:00AM** HIIT
Strength Zone
- 12:00PM** SCULPT & TONE
Hot Yoga Studio
- 1:00PM** STRENGTH 💰
Strength Zone
- 2:00PM** STRENGTH 💰
Strength Zone
- 5:00PM** LITTLE BALLET FOUNDATION
Studio X
- 5:30PM** ATHLETIC CONDITIONING
Strength Zone
- 6:00PM** INFERNO PILATES
Hot Yoga Studio
- 6:00PM** YOUTH BALLET TECHNIQUE
Studio X
- 6:30PM** ATHLETIC CONDITIONING
Strength Zone
- 7:00PM** HOT YOGA FLOW
Hot Yoga Studio
- 8:00PM** BREATHWORK & MEDITATION
Hot Yoga Studio

TUESDAY

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

WEDNESDAY

- 7:00AM** HIIT
Strength Zone
- 9:30AM** SPORT MOBILITY
Hot Yoga Studio
sauna off
- 12:00PM** YOGA FLOW
Hot Yoga Studio
sauna off
- 1:00PM** STRENGTH 💰
Strength Zone
- 2:00PM** STRENGTH 💰
Strength Zone
- 4:30PM** YOUTH ATHLETIC FOUNDATION
Studio X
- 5:30PM** JUNIOR ATHLETIC DEVELOPMENT
Studio X
- 6:00PM** MOBILITY & STRETCH
Hot Yoga Studio
- 6:00PM** TRX & STRENGTH
Strength Zone
- 7:00PM** ATHLETIC CONDITIONING
Strength Zone
- 7:00PM** YOGA FLOW
Hot Yoga Studio

THURSDAY

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

FRIDAY

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

SATURDAY

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

SUNDAY

- 9:00AM** ATHLETIC CONDITIONING
Strength Zone
- 10:00AM** ATHLETIC CONDITIONING
Strength Zone
- 10:00AM** HOT YOGA FLOW
Hot Yoga Studio
- 11:00AM** KIDS MOVEMENT
Studio X
ages 5 - 8
- 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.