HOTEL X
TORONTO

GROUP FITNESS CLASS SCHEDULE

*Classes available at **10XTO Athletic Club**, entrance located on the 4th floor*

MON

7:00AM HIIT *Strength Zone*	**1:00PM** Strength $ *Strength Zone*	**7:00PM** Hot Yoga *Hot Yoga Studio*
8:30AM Pilates Reformer $ *Pilates Reformer Studio*	**2:00PM** Strength $ *Strength Zone*	
9:30AM Pilates Reformer $ *Pilates Reformer Studio*	**6:00PM** Core X *Studio X*	
12:00PM Mat Pilates *Studio X*	**6:15PM** Athletic Conditioning *Strength Zone*	

TUES

6:15AM HIIT *Strength Zone*	**1:00PM** X Mobility Lab *Strength Zone*	**7:00PM** Slow Flow & Deep Stretch *Hot Yoga Studio*
10:00AM Hot Yoga *Hot Yoga Studio*	**6:00PM** Pilates Reformer $ *Pilates Reformer Studio*	
11:00AM Pilates Reformer $ *Pilates Reformer Studio*	**7:00PM** HIIT *Strength Zone*	
12:00PM HIIT *Strength Zone*	**7:00PM** Hot Yoga *Hot Yoga Studio*	

WED

7:00AM HIIT *Strength Zone*	**1:00PM** Strength $ *Strength Zone*	**6:15PM** HIIT *Strength Zone*
8:30AM Pilates Reformer $ *Pilates Reformer Studio*	**2:00PM** Strength $ *Strength Zone*	**7:00PM** Hot Yoga *Hot Yoga Studio*
10:00AM Sport Mobility *Hot Yoga Studio - no heat*	**6:00PM** Yogalates *Studio X*	**7:00PM** Adult Ballet *Studio X*
12:00PM Yoga Flow *Hot Yoga Studio - no heat*	**6:00PM** Pilates Reformer $ *Pilates Reformer Studio*	**8:00PM** Slow Flow & Deep Stretch *Hot Yoga Studio*

THURS

6:15AM HIIT *Strength Zone*	**6:15PM** HIIT *Strength Zone*	
10:00AM Hot Yoga *Hot Yoga Studio*	**7:15PM** Slow Flow & Deep Stretch *Hot Yoga Studio - no heat*	
12:00PM Box & Lift *Strength Zone*		
5:30PM Pilates Reformer $ *Pilates Reformer Studio*		

FRI

7:00AM HIIT *Strength Zone*	**12:00PM** Mat Pilates *Studio X*	**5:30PM** Pilates Reformer $ *Pilates Reformer Studio*
8:00AM Sunrise Hot Yoga *Hot Yoga Studio*	**1:00PM** Strength $ *Strength Zone*	**6:00PM** Hot Yoga *Hot Yoga Studio*
8:30AM Pilates Reformer $ *Pilates Reformer Studio*	**2:00PM** Strength $ *Strength Zone*	
9:30AM Pilates Reformer $ *Pilates Reformer Studio*	**5:15PM** HIIT *Strength Zone*	

SAT

8:00AM HIIT *Strength Zone*	**10:00AM** Hot Yoga *Hot Yoga Studio*	
9:00AM Core X *Studio X*	**11:00AM** Pilates Reformer $ *Pilates Reformer Studio*	
9:00AM HIIT *Strength Zone*	**11:00AM** Yogalates *Studio X*	
10:00AM Pilates Reformer $ *Pilates Reformer Studio*	**12:30PM** Adult Ballet *Studio X*	

SUN

9:00AM Athletic Conditioning *Strength Zone*	**11:00AM** Pilates Reformer $ *Pilates Reformer Studio*	
10:00AM Athletic Conditioning *Strength Zone*	**12:00PM** Pilates Reformer $ *Pilates Reformer Studio*	
10:00AM Hot Yoga *Hot Yoga Studio*	**12:00PM** Slow Flow & Deep Stretch *Hot Yoga Studio*	

Classes taking place in the **Strength Zone**, located on the 2nd floor of 10XTO

Classes taking place in the **Pilates Reformer Studio**, located on the 5th floor of 10XTO

Classes taking place in the **Hot Yoga Studio**, located on the 4th floor of 10XTO

Classes taking place in the **Hot Yoga Studio *with the sauna off***, located on the 4th floor of 10XTO

Classes taking place in **Studio X**, located on the 5th floor of 10XTO

$ *Classes with an additional fee ($15 + HST)*

To register for a class, please contact the 10XTO Front Desk by emailing **frontdesk@10xto.com**, or dialing '5604'