



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 Flow Hot Yoga Studio
	8:30AM	Pilates Reformer Pilates Reformer Studio	2:00PM	Strength Strength Zone	8:00PM	Breathwork & Meditation Hot Yoga Studio
	9:30AM	Pilates Reformer Pilates Reformer Studio	6:00PM	Pump & Tone Hot Yoga Studio		
	12:00PM	Sculpt & Tone Hot Yoga Studio	6:30PM	Athletic Conditioning Strength Zone		
TUES	6:15AM	HIIT Strength Zone	6:00PM	Pilates Reformer Pilates Reformer Studio		
	10:00AM	Hot Yoga Flow Hot Yoga Studio	6:00PM	Sports Mobility Hot Yoga Studio		
	11:00AM	Pilates Reformer Pilates Reformer Studio	7:00PM	Athletic Conditioning Strength Zone		
	12:00PM	HIIT Strength Zone	7:00PM	Deep Stretch Hot Yoga Studio		
WED	7:00AM	HIIT Strength Zone	1:00PM	Strength Strength Zone	6:00PM	TRX & Strength Strength Zone
	8:30AM	Pilates Reformer Pilates Reformer Studio	2:00PM	Strength Strength Zone	7:00PM	Yoga Flow Hot Yoga Studio
	10:00AM	Sport Mobility Hot Yoga Studio - sauna off	6:00PM	Mobility & Stretch Hot Yoga Studio		
	12:00PM	Yoga Flow Hot Yoga Studio - sauna off	6:00PM	Pilates Reformer Pilates Reformer Studio		
THURS	7:00AM	HIIT Strength Zone	5:30PM	Box & Lift Strength Zone		
	10:00AM	Yoga Flow Hot Yoga Studio - sauna off	6:30PM	TRX & Strength Strength Zone		
	12:00PM	Box & Lift Strength Zone	7:15PM	Slow Flow & Deep Stretch Hot Yoga Studio - sauna off		
	5:30PM	Pilates Reformer Pilates Reformer Studio	7:30PM	Athletic Conditioning Strength Zone		
FRI	6:30AM	HIIT Strength Zone	12:00PM	Mat Pilates Hot Yoga Studio	5:30PM	Pilates Reformer Pilates Reformer Studio
	7:30AM	Sunrise Yoga Hot Yoga Studio	1:00PM	Strength Strength Zone	6:30PM	Slow Flow & Deep Stretch Hot Yoga Studio - sauna off
	8:30AM	Pilates Reformer Pilates Reformer Studio	2:00PM	Strength Strength Zone		
	9:30AM	Pilates Reformer Pilates Reformer Studio	5:30PM	Box & Lift Strength Zone		
SAT	9:00AM	Pump & Tone Studio X	10:15AM	HIIT Strength Zone		
	9:15AM	HIIT Strength Zone	11:00AM	Pilates Reformer Pilates Reformer Studio		
	10:00AM	Pilates Reformer Pilates Reformer Studio	11:15AM	Yogalates Hot Yoga Studio		
	10:00AM	Hot Yoga Hot Yoga Studio	12:30PM	Adult Ballet Open Class Studio X		
SUN	9:00AM	Athletic Conditioning Strength Zone	11:00AM	Pilates Reformer Pilates Reformer Studio		
	10:00AM	Athletic Confditioning Strength Zone	12:00PM	Pilates Reformer Pilates Reformer Studio		
	10:00AM	Hot Yoga Flow 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'