

# DON MILLS GROUP FITNESS AND F.A.S.T. CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>ABS, BUTT, THIGHS (ABT)</b> 9:00 am 60 mins Jolanta V.	<b>FAST LIFT-PULL</b> 6:30 am 55 mins PK	<b>FAST ENDURE</b> 6:30 am 55 mins Joanne P		<b>FAST ENDURE</b> 6:30 am 55 mins Joanne P	<b>FAST LIFT-FULL BODY</b> 6:30 am 55 mins PK	<b>ELITE MUSCLE CONDITIONING</b> 9:00 am 60 mins Linval R.
<b>BOXFIT</b> 9:00 am 60 mins Dan H.	<b>FAST LIFT-PULL</b> 9:30 am 55 mins Mike M		<b>FAST LIFT-PUSH</b> 9:30 am 55 mins Mike M		<b>FAST LIFT-FULL BODY</b> 9:30 am 55 mins Mike M	<b>FAST AMRAP-FULL BODY</b> 9:30 am 55 mins PK
<b>FAST YOUTH</b> 9:30 am 55 mins Mike/Adrianna/Beca						
<b>CIRCL MOBILITY™</b> 10:00 am 60 mins Dan H.	<b>SPIN</b> 11:00 am 60 mins Dave L.	<b>SPIN</b> 11:00 am 60 mins Dave L.				<b>SPIN</b> 10:10 am 60 mins Nathalie N.
	<b>YOGA FLOW</b> 5:15 pm 60 mins Joanne P.	<b>VINYASA YOGA</b> 5:30 pm 60 mins Tiffany T.	<b>SPIN</b> 5:30 pm 60 mins Dave L.	<b>ELITE MUSCLE CONDITIONING</b> 5:30 pm 60 mins Linval R.	<b>BOXFIT</b> 5:15 pm 60 mins Rozita S.	
	<b>SPIN</b> 6:15 pm 60 mins Natahalie N.			<b>KICKBOXING</b> 6:00 pm 60 mins Jo C.		
	<b>FAST LIFT-PULL</b> 6:30 pm 55 mins Beca M	<b>FAST ENDURE</b> 6:30 pm 55 mins Adrianna L	<b>FAST LIFT-PUSH</b> 6:30 pm 55 mins Beca M	<b>FAST ENDURE</b> 6:30 pm 55 mins Beca M		
			<b>BOXFIT</b> 6:30 pm 60 mins Rozita S.	<b>PILATES</b> 6:30 pm 60 mins Rika L.		
				<b>SPIN</b> 6:35 pm 60 mins Nathalie N.		
				<b>VINYASA/ RESTORATIVE</b> 7:30 pm 60 mins Tiffany T.		