

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ABS, BUTT, THIGHS (ABT) 9:00 am 60 mins Jolanta V.	FAST - BAR 6:30 am 55 mins PK O.	FAST - ENDURE 6:30 am 55 mins Joanne P.	FAST - STRENGTH 6:30 am 55 mins Abdullah	FAST - BAR 6:30 am 55 mins Joanne P.	FAST - ENDURE 6:30 am 55 mins PK O.	ELITE MUSCLE CONDITIONING 9:00 am 60 mins Linval R.
BOXFIT 9:00 am 60 mins Dan H.	FAST - BAR 9:30 am 55 mins Mike M.		FAST - STRENGTH 9:30 am 55 mins Mike M.		FAST - ENDURE 9:30 am 55 mins Mike M.	FAST - AMRAP 9:30 am 55 mins PK O.
FAST - YOUTH 9:30 am 55 mins Mike/Adrianna/Beca						SPIN 10:10 am 60 mins Nathalie N.
PREHAB BIOMECHANICS MOBILITY 10:05 am 60 mins - Dan H.	SPIN 10:45 am 60 mins Dave L.	SPIN 11:00 am 60 mins Dave L.				HYROX X FAST 10:30 am 120 mins Mike M. + Beca M.
				ELITE MUSCLE CONDITIONING 5:30 pm 60 mins Linval R.	BOXFIT 5:15 pm 60 mins Rozita S.	
	YOGA FLOW 5:15 pm 60 mins Joanne P.	ALIGN YOGA 12:15 pm 60 mins Joanne P.	SPIN 5:15 pm 60 mins Dave L.	KICKBOXING 6:00 pm 60 mins Jo C.		
	SPIN 6:15 pm 60 mins Natahalie N.	VINYASA YOGA 5:30 pm 60 mins Xiao Qian	FAST - STRENGTH 6:30 pm 55 mins Beca M.	FAST - BAR 6:30 pm 55 mins Michael A.		
	FAST - BAR 6:30 pm 55 mins Michael A.	FAST - ENDURE 6:30 pm 55 mins Evelyn B.	BOXFIT 6:30 pm 60 mins Rozita S.	PILATES 6:30 pm 60 mins Rika L.		
	PILATES 7:30 pm 60 mins Rika L.			SPIN 6:35 pm 60 mins Nathalie N.		
				VINYASA/ RESTORATIVE 7:30 pm 60 mins Xiao Qian		

FAST CLASS DESCRIPTIONS

BAR: Barbell-focused training using the squat rack to build strength, power, and confidence under the bar.

ENDURE: Sessions in a HIIT format. You will be pushed to your limit during these sessions. It's not only a great way to test your physical toughness, but also your mental fortitude.

STRENGTH: Total-body resistance training with kettlebells and dumbbells designed to develop muscular endurance, core stability, and functional strength.

HYROX: Endurance-based training inspired by HYROX events—expect running, rowing, and high-rep functional movements to push your stamina and grit.