

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 60 mins PK O.	FAST - ENDURE 6:30 am 60 mins Joanne P.	FAST - STRENGTH 6:30 am 60 mins Nathalie N.	FAST - BAR 6:30 am 60 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 60 mins Mike M.		FAST - STRENGTH 9:30 am 60 mins Mike M.		FAST - ENDURE 9:30 am 55 mins Mike M.	FAST - AMRAP 9:30 am 55 mins PK O.
PREHAB BIOMECHANICS MOBILITY 10:05 am 60 mins - Dan H.						SPIN 10:10 am 60 mins Nathalie N.
						HYROX OVERCOMPENSATION 10:30 am 90 mins Mike M.
	YOGA FLOW 5:15 pm 60 mins Joanne P.		SPIN 5:15 pm 60 mins Dave L.	ELITE MUSCLE CONDITIONING 5:30 pm 60 mins Linval R.	<div style="background-color: #e67e22; color: white; padding: 10px;"> <p style="text-align: center;">FAST CLASS DESCRIPTIONS</p> <p>BAR: Barbell-focused training using the squat rack to build strength, power, and confidence under the bar.</p> <p>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.</p> <p>STRENGTH: Total-body resistance training with kettlebells and dumbbells designed to develop muscular endurance, core stability, and functional strength.</p> <p>HYROX: Endurance-based training inspired by HYROX events—expect running, rowing, and high-rep functional movements to push your stamina and grit.</p> </div>	
	SPIN 6:15 pm 60 mins Nathalie N.	VINYASA/ RESTORATIVE YOGA 6:00 pm 60 mins Tiffany T.	FAST - STRENGTH 6:30 pm 60 mins Nathalie N.	FAST - BAR 6:30 pm 60 mins Bethany D.		
	FAST - BAR 6:30 pm 60 mins Bethany D.	FAST - ENDURE 6:30 pm 60 mins Evelyn B.		PILATES 6:30 pm 60 mins Rika L.		
	PILATES 7:30 pm 60 mins Rika L.			SPIN 6:35 pm 60 mins Nathalie N.		