

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

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|---|---|---|---|
| | 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. | <p>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> | |
| | 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. | | |
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