

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>FAST - BAR</b> 6:30 am 60 mins PK O.	<b>FAST - ENDURE</b> 6:30 am 60 mins Nathalie N.	<b>FAST - STRENGTH</b> 6:30 am 60 mins Joaquin V.	<b>FAST - BAR</b> 6:30 am 60 mins Joaquin V.	<b>FAST - ENDURE</b> 6:30 am 55 mins PK O.	<b>ELITE MUSCLE CONDITIONING</b> 9:00 am 60 mins Linval R.
	<b>FAST - BAR</b> 9:30 am 60 mins Mike M.		<b>FAST - STRENGTH</b> 9:30 am 60 mins Mike M.		<b>FAST - ENDURE</b> 9:30 am 55 mins Mike M.	<b>FAST - AMRAP</b> 9:30 am 55 mins PK O.
						<b>SPIN</b> 10:10 am 60 mins Nathalie N.
						<b>HYROX OVERCOMPENSATION</b> 10:30 am 90 mins Mike M.
	<b>YOGA FLOW</b> 5:15 pm 60 mins Tiffany T.		<b>SPIN</b> 5:15 pm 60 mins Dave L.	<b>ELITE MUSCLE CONDITIONING</b> 5:30 pm 60 mins Linval R.		
	<b>SPIN</b> 6:15 pm 60 mins Nathalie N.	<b>VINYASA/ RESTORATIVE YOGA</b> 6:00 pm 60 mins Tiffany T.	<b>FAST - STRENGTH</b> 6:30 pm 60 mins Nathalie N.	<b>FAST - BAR</b> 6:30 pm 60 mins Bethany D.		
	<b>FAST - BAR</b> 6:30 pm 60 mins Bethany D.	<b>FAST - ENDURE</b> 6:30 pm 60 mins Evelyn B.		<b>PILATES</b> 6:30 pm 60 mins Rika L.		
	<b>PILATES</b> 7:30 pm 60 mins Rika L.			<b>SPIN</b> 6:35 pm 60 mins Nathalie N.		

**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.