



# 10XTO GROUP FITNESS SCHEDULE

Effective as of September 9th, 2020.



## MONDAY

7:30am - 8:15am

**HIIT**

*Strength Zone*

## TUESDAY

7:30am - 8:15am

**SPIN EXPRESS**

*GroupCycle Studio*

## WEDNESDAY

7:30am - 8:15am

**SUNRISE YOGA**

*Hot Yoga Studio*

## THURSDAY

7:30am - 8:15am

**HIIT**

*Strength Zone*

## FRIDAY

7:30am - 8:15am

**SUNRISE YOGA**

*Hot Yoga Studio*

## SATURDAY

## SUNDAY

9:30am - 10:15am

**HOT YOGA FLOW**

*Hot Yoga Studio*

9:30am - 10:15am\*

**PILATES REFORMER**

*Pilates Reformer Studio*

9:30am - 10:15am

**SPIN EXPRESS**

*GroupCycle Studio*

9:45am - 10:30am

**HIIT**

*Strength Zone*

10:30am - 11:15am

**HIIT**

*Strength Zone*

11:00am - 11:45am

**HIIT**

*Strength Zone*

12:00pm - 12:35pm

**HIIT**

*VIRTUAL*

12:00pm - 12:35pm

**Flow & Stretch**

*VIRTUAL*

12:00pm - 12:35pm

**HIIT**

*VIRTUAL*

12:00pm - 12:35pm

**YOGA**

*VIRTUAL*

12:00pm - 12:35pm

**YOGA**

*VIRTUAL*

12:00pm - 12:45pm

**HOT YOGA FLOW**

*Hot Yoga Studio*

12:00pm - 12:45pm

**HOT YOGA FLOW**

*Hot Yoga Studio*

6:30pm - 7:15pm

**SPIN EXPRESS**

*GroupCycle Studio*

6:30pm - 7:15pm\*

**PILATES REFORMER**

*Pilates Reformer Studio*

6:30pm - 7:15pm

**HOT YOGA FLOW**

*Hot Yoga Studio*

6:30pm - 7:15pm

**SLOW FLOW**

*Hot Yoga Studio*

6:30pm - 7:15pm

**HIIT**

*Strength Zone*

7:30pm - 8:15pm

**SLOW FLOW & MEDITATION**

*Hot Yoga Studio*

7:30pm - 8:15pm

**HOT YOGA FLOW**

*Hot Yoga Studio*

7:30pm - 8:15pm

**HOT YOGA FLOW**

*Hot Yoga Studio*

\*Additional fees apply - \$15.00 + HST/class  
Hotel Guests = \$20.00 + HST/class  
Schedule is subject to change.  
1.0, 08/27/2020