

# TORONTO SESSION SCHEDULE

TIME	SUN	MON	TUE	WED	THU	FRI	SAT
7:00 am							
7:30 am		Lift (45 min)	Function (45 min)	Build (60 min)	Lift (45 min)		
8:00 am							
8:30 am							
9:00 am	Pilates Progressions (60 min)					Flow & Core (45 min)	Lift (45 min)
9:30 am				Sweat: Metcon (45 min)			
10:00 am	Lift (45 min)						
10:30 am							Sweat: Metcon (45 min)
11:00 am	Mobility (45 min)						
11:30 am							
12:00 pm							
12:30 pm							
1:00 pm							
1:30 pm							
2:00 pm							
2:30 pm							
5:30 pm						Strength & Stretch (45 min)	 <p><b>BODY POSITIVE</b> <i>fitness</i></p> <p>Special Series</p>
6:00 pm		Function (45 min)		Lift (45 min)	Cardio & Core (45 min)		
6:30 pm			Heavy (45 min)				
7:00 pm		Restorative Stretch (45 min)			Build (60 min)		
7:30 pm							
8:00 pm							