

TORONTO SESSION SCHEDULE

TIME	SUN	MON	TUE	WED	THU	FRI	SAT
7:00 am							
7:30 am		Lift (45 min)	Function (45 min)		Lift (45 min)	Function (45 min)	
8:00 am							
8:30 am							
9:00 am				Function (45 min)			Lift (45 min)
9:30 am							
10:00 am	Lift (45 min)						
10:30 am							
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						Dance Strong (45 min)	
6:00 pm		Function (45 min)		Box Strong (45 min)	Lift (45 min)		
6:30 pm			Heavy (45 min)				
7:00 pm		Restorative Stretch (45 min)					
7:30 pm			Barre (45 min)				
8:00 pm							



POWERED BY
FIT PLUS