

Group Exercise Schedule

To reserve your spot, please sign up in person or phone 416 928 2108. New registration every TUESDAY!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Circuit Heaven 7:15am – 60min Instructor:	Rhythm Boxing 7:15am – 60min Instructor: Garfield		Toga Totum and Roots Yoga present! 7:00am – 60min Instructor: Shawn W		<p>Rhythm Boxing is a high energy boxing class put to music.</p> <p>Toga combines an intense 30 min circuit class at Totum with a 30 min Yoga session at Roots Yoga.</p> <p>The Workout: Challenging, interval based fun!</p> <p>All Classes: \$26 each or \$205 for 10; Includes HST</p>
Pilates Mat Class 1:30 – 2:30				Youth Rhythm Boxing - Private 4:00pm – 60min Instructor: Garfield (block of 10 classes)		
	Youth Rhythm Boxing - Private 5:30pm – 60min Instructor: Garfield (block of 10 classes)	The Workout 5:30- 6:20 – 50 min Instructor: Al P				Sign-up Tuesday Morning 416.928.2108

All classes require a minimum 24-hour cancellation notice