HOLIDAY GROUP FITNESS SCHEDULE

December 22, 2025 to January 2, 2026

ADELAIDE CLUB
TORONTO

MONDAY DEC 22
5:30am–10pm

7–7:45am
STRONG 45
Larysa (Power)

12–12:45pm
TRANSFORM
Garth (Power)

12:15–1pm
A-RIDE
Lauren (Ride)

1–2pm
HATHA II
Ian (Flow)

1:05–1:35pm
HIIT STRONG
Larysa (Power)

5:15–6pm
BOX HIIT
Richard (Power)

5:15–6pm
PILATES FIIT
Julia (Fusion)

5:30–6:30pm
VINYASA FLOW
Ian (Flow)

6:10–7:10pm
DEEP STRETCH
Renata (Fusion)

TUESDAY DEC 23
5:30am–10pm

7–7:45am
OPTIMIZE IN 45
Larysa (Power)

11:30am–12:15pm
STEP
Renata (Power)

12–12:45pm
A-RIDE
Blair (Ride)

12:15–1pm
BODYFORM: BURN
Melissa (Fusion)

12:30–1:15pm
TRIPLE C
Garth (Power)

1–2pm
POWER YOGA
Lori (Flow)

TUESDAY DEC 23 CONTINUED

5–5:45pm
POWER INTERVALS
Johnny (Fusion)

5:15–6pm
MUSCLE & MOBILITY
Clinton (Flow)

5:30–6:15pm
VIDEO HITS
Felix (Ride)

WED DEC 24
5:30am–3pm

9:45–10:30am
BARRE
Sophie (Fusion)

10:30–11:15am
CIRCUIT
Sydney (Power)

11:30am–12:30pm
YOGA STRETCH & STRENGTH
Susan (Flow)

THURS DEC 25
CLUB CLOSED

FRIDAY DEC 26
8am–5pm

10:15–11am
TMT
Lori (Power)

11:15am–12pm
CORE & MORE
Lori (Fusion)

12–1pm
STRONG FLOW & RESET
Marie-Helene (Flow)

SATURDAY DEC 27
8am–5pm

9:45–10:30am
PILATES FIIT
Romika (Flow)

10–10:45am
HIIT IN 45
Cesar (Power)

10:50–11:35am
STRONG 45
Cesar (Power)

11am–12pm
YOGA STRETCH & STRENGTH
Susan (Flow)

SUNDAY DEC 28
8am–5pm

10–10:50am
CARDIO STEP TO THE CORE
Garry (Power)

10:15–11am
A-RIDE
Larysa (Ride)

11am–12:15pm
HATHA YOGA II (EXTENDED)
Ian (Flow)

11:15am–12pm
OPTIMIZE IN 45
Larysa (Power)

12:30–1:15pm
MAT SCULPT
Melissa (Flow)

MONDAY DEC 29
5:30am–10pm

10–10:45am
STRONG 45
Larysa (Power)

12–12:45pm
TRANSFORM
Garth (Power)

12:15–1pm
A-RIDE
Lauren (Ride)

MONDAY DEC 29 CONTINUED

1–2pm
HATHA YOGA II
Ian (Flow)

4:45–5:30pm
PILATES FIIT
Julia (Fusion)

5:15–6pm
BOX HIIT
Richard (Power)

5:30–6:30pm
VINYASA FLOW HEATED
Susan (Flow)

5:45–6:45m
DEEP STRETCH
Renata (Fusion)

TUESDAY DEC 30
5:30am–10pm

10–10:45am
OPTIMIZE IN 45
Larysa (Power)

11:30am–12:15pm
STEP & PUMP
Renata (Power)

12:15–1pm
BODYFORM: BURN
Melissa (Fusion)

12:30–1:15pm
TRIPLE C
Garth (Power)

1–2pm
POWER YOGA
Lori (Flow)

5–5:45pm
POWER INTERVALS
Johnny (Power)

5:15–6:15pm
VINYASA FLOW
Ian (Flow)

5:30–6:15pm
VIDEO HITS
Felix (Ride)

5:30–6:15pm
MAT SCULPT
Melissa (Fusion)

WED DEC 31
5:30am–3pm

10:15–11am
HIIT IN 45
Cesar (Power)

11:10–11:55am
STRONG 45
Cesar (Power)

11–11:45am
CLASSIC MAT PILATES
Melissa (Fusion)

12–1pm
CANDLELIGHT YIN & RESTORE
Romika (Flow)

THURSDAY JAN 1
CLUB CLOSED

HAPPY NEW YEAR!

FRIDAY JAN 2
5:30am–10pm

10–10:45am
PILATES FIIT
Lexi (Flow)

11–11:45pm
TMT
Lori (Power)

12:15–1pm
CORE & MORE
Lori (Fusion)

12–12:45pm
MOBILITY FLOW
Susan (Flow)

5–5:45pm
GLUTES/ABS
Cesar (Power)

5:30–6:15pm
VINYASA FLOW EXPRESS
Marie-Helene (Flow)

SATURDAY JAN 3

REGULAR CLASSES RESUME

ONLINE SIGN UP REQUIRED