GROUP FITNESS SCHEDULE

Effective October 19, 2026 • Please check the app for our most up-to-date schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7–7:45am **STRONG 45** Larysa (P/S)	7–7:45am **OPTIMIZE IN 45** Larysa (P/S)	7–8am **VINYASA FLOW –HOT** Susan (Flow)	7–7:45am **PILATES - HEATED** Julia (Flow)	7–7:45am **PERFORMANCE LAB** Mehran *T* (P/S)	9–9:45pm **HYROX FOUNDATIONAL** Luis (Turf)	
	7:15–8am **360 SCULPT** Courtney (F/S)	7:15–8am **ADELAIDE CIRCUIT** Mehran *T* (P/S)	7:15–8am **HIIT IN 45** Nima (P/S)	7:15–8AM **PILATES FIIT** Lexi (Flow)	9:45–10:30am **PILATES FIIT** Lexi (Flow)	
8–8:45am **HYROX ENGINE** Luis (Turf)			8–8:45am **HYROX POWER** Alex (Turf)		10–10:45am **HIIT IN 45** Cesar (P/S)	10:15–11am **A-RIDE** Larysa (Ride)
	11:30am–12:15pm **STEP & PUMP II** Renata (P/S)	11:45am–12:30pm **KICKBOXING** Richard (P/S)	11:30am–12:15pm **SWEATY & STRONG** Lauren (P/S)	11–11:45am **T.M.T.** Lori (P/S)	10:50–11:35am **STRONG 45** Cesar (P/S)	
12–12:45pm **TRANSFORM** Garth (P/S)	11:45am–12:30pm **HYROX ENGINE** Antoine (Turf)	12–12:45pm **DEFINITION** Marvin (F/S)	12–12:45pm **A-RIDE** Blair (Ride)	12–12:50pm **MOBILITY FLOW** Susan (Flow)	11am–12pm **YOGA STRETCH & STRENGTH** Susan (Flow)	11am–12:15pm **HATHA YOGA II** Ian (Flow)
12:15–1pm **A-RIDE** Lauren (Ride)	12–12:45pm **A-RIDE** Blair (Ride)	12–12:45pm **HYROX POWER** Luis (Turf)	NEW CLASS 12–12:45pm **BARRE** Laura (F/S)			11:15am–12pm **OPTIMIZE IN 45** Larysa (P/S)
12:45–1:35pm **CARDIO DANCE** Melissa M (F/S)	NAME CHANGE 12:15–1pm **SCULPT X BURN** Laura (F/S)		12:30–1:15pm **SUPER SCULPT** Garry (P/S)	12:30–1:15pm **HYROX COMPLETE** Alice (Turf)	12–12:45pm **CARDIO STEP & PUMP 101** Renata (P/S)	TIME CHANGE 12:30–1:15pm **360 SCULPT** Melissa F (Flow)
1–2pm **HATHA YOGA II** Ian (Flow)	NEW CLASS 12:30–1:15pm **POWERHOUSE GLUTES & ABS** Garth (P/S)	12:45–1:45pm **HATHA YOGA I** Ian (Flow)	12:30–1:30pm **VINYASA FLOW** Ian (Flow)			12:30–1:15pm **HYROX COMPLETE** Larysa (Turf)
1:05–1:35pm **HIIT STRONG** Larysa (P/S)	1–2pm **POWER YOGA** Lori (Flow)	1–1:45pm **BOOTCAMP** Lauren (P/S)		1–1:45pm **STRENGTH LAB** Matt (P/S)		
5–5:30pm **HIIT IN 30** Laura B (P/S)	5–5:45pm **POWER INTERVALS** Johnny (F/S)	4:45–5:30pm **PILATES FIIT** Alice (Flow)	NAME & TIME CHANGE 5–5:45pm **SCULPT X STRONG** Laura (F/S)	5–5:45pm **POWERHOUSE GLUTES & ABS** Cesar (P/S)		
5:30–6:30pm **YOGA FUSION** Robert Y (Flow)	NAME CHANGE 5:15–6:05pm **SCULPT X SWEAT –HOT** Laura (Flow)	5:20–6:05pm **PERFORMANCE LAB** Mehran *T* (P/S)	TIME & INSTRUCTOR CHANGE 5:20–6:05pm **ADELAIDE CIRCUIT** Luis (P/S)	5:15–6pm **HYROX POWER** Antoine (Turf)		
5:35–6:25pm **BARRE** Laura B (F/S)	5:30–6:15pm **VIDEO HITS RIDE** Felix (Ride)	5:45–6:45pm **RESET & RESTORE** Vivian (Flow)	5:30–6:30pm **DEEP STRETCH** Renata (Flow)	5:30–6:15pm **VINYASA FLOW EXPRESS** Marie-Hélène (Flow)		
5:45–6:35pm **BOXING** Richard (P/S)	OCT 20–NOV 10 5:45–6:35pm **HIP HOP STEP** Rolli (P/S)					
5:45–6:30pm **HYROX POWER** Luis (Turf)	6–6:45pm **MOBILITY & MUSCLE** Clinton (F/S)	6–6:45pm **HYROX FOUNDATIONAL** Alice (Turf)	6–6:45pm **BARRE** Johnny (F/S)			
6:30–7:30pm **DEEP STRETCH** Renata (F/S)	6:30–7:15pm **HYROX COMPLETE** Luis (Turf)	6:15–7pm **PILATES** Lexi (F/S)	6:20–7:05pm **HYROX ENGINE** Luis (Turf)			
6:35–7:35pm **VINYASA FLOW –HOT** Robert (Flow)		6:15–7:05pm **BOXING** Richard (P/S)				

LOCATIONS:

P/S Power Studio
Flow Flow Studio
F/S Fusion Studio
Ride Ride Studio
Turf Athletic Gym

INQUIRIES?
laura@adelaideclub.com

Online sign-up required for all classes

ADELAIDE CLUB
TORONTO

● Low Intensity | ●● Moderate Intensity / All Levels | ●●● High Intensity

HYROX TRAINING

●● **HYROX COMPLETE:** Full race station simulation

●● **HYROX ENGINE:** Pure cardio, stamina and endurance

●● **HYROX FOUNDATIONAL:** Form, skill and building your base

●● **HYROX POWER:** Weightlifting, explosiveness and raw strength

RIDE – Pedal. Sweat. Repeat.

Cardio rides for all levels

●● **A-RIDE*:** Precision cardio. Our signature Ride blends stamina, power, and incline drills to push you out of your comfort zone. Individualized ride data on screen to track and motivate your performance, through precisely timed intervals with target zones. Level-up your cardio game!

●● **VIDEO HITS RIDE:** Build strength, increase endurance, and release endorphins. Your favourite music video hits playing on the screens as you navigate distance challenges, power, and RPM targets, and beats tempo intervals. A high-energy ride experience!
*Please set up your 'stages flight' profile before your first ride here.

STRENGTH – Build power. Own your strength.

Strength training with controlled, loaded movement

●● **POWERHOUSE GLUTE & ABS:** Stack up your core and glutes with slow, strength-packed sets using heavy resistance, body weight and booty bands. Every rep sculpts, strengthens, and wakes up your inner powerhouse!

●● **STRENGTH LAB:** Smart training. Serious results. Dial in your form, lift heavier, and progress each week with a structured plan that uses dumbbells, body weight, and functional tools. Track your lifts, push your limits, and build true strength, control, and stability. One plan. One goal: Get stronger.

●● **STRONG 45:** Precision. Form. Technique. Slow down and ramp up the resistance. A full-body strength class targeting all major muscle groups, tailored to sculpt muscle, boost strength, and ignite your confidence.

●● **SWEATY & STRONG:** Mobility, muscle-activation, and cardio drills to get your body and nervous systems online and primed to work. Then slow it down and focus on form and technique as you work sets to target your whole-body using bands, weights, and your body weight for resistance.

PILATES, BARRE & SCULPT – Control every movement. Feel the burn.

Core-focused classes for strength, control, and stability

●● **360 SCULPT:** Full body. Every Angle. Four intentional segments utilizing light to medium dumbbells, bands, and Pilates balls. You will work through timed intervals, hitting Lower, Upper, Core, and Full-Body Integration to challenge balance, control, and build muscular endurance. Work your body from every angle: your complete 360 Sculpt.

●● **BARRE:** Strengthen, lengthen, and sculpt. Rooted in ballet-principles, blended with Pilates and strength, targeting your whole body. Light resistance: using small weights and bands. High-reps: moving to the beat. Low-impact, but BIG burn! No Shoes or Grip socks recommended.

●● **SCULPT X STRONG:** Pilates-inspired. Strength-focused. This music-driven Sculpt class blends the precision of Pilates with heavier resistance (5 to 15lbs) to build muscular strength and endurance. Expect slower tempos, heavier weights, longer holds, and full-body strength work designed to challenge and sculpt. Build strength. Move with intention. No shoes or grip socks recommended.

●● **SCULPT X BURN:** Pilates-Inspired. Music-Driven. This full-body, low-impact class is all about feeling that muscular burn. High-rep, precision-based sequences moving to the beat of the music, designed to sculpt, tone, and fire up every muscle. Feel the burn. Embrace the rhythm. No shoes or grip socks.

●●● **SCULPT X SWEAT - HOT:** Slow muscle burn. Explosive HIIT intervals. Pilates-inspired sequences using light resistance to sculpt, tone, and fully ignite the body. As the heat takes effect, we shift into timed HIIT-inspired blocks to spike your heart rate and turn up the power. Get ready to bring the heat! No shoes or grip socks recommended. HOT: Room is heated to 90F

●● **PILATES:** Strengthen from within in this Classic Mat class. Every movement is mindful and connected to breath. Slow, deliberate pace to focus on proper alignment and muscular engagement as you move through this full-body class, using just your body and light weight for resistance. Connect deeply to your core, discover the power of a strong centre. No shoes or grip Socks recommended.
- HEATED: Room is gently heated to approx 78°F.

●● **PILATES FIIT:** Precision meets power. Start with classic mat Pilates approach, in a gently heated room, to activate your core, glutes, and upper body while boosting blood flow. Progressively amp up the intervals to challenge bigger muscle groups and elevate your heart rate. Low-impact, high-energy - leaving you feeling "FIIT" & Fierce! No shoes or Grip socks recommended.

●● **TRANSFORM:** Move, build & transform. Start with a dynamic, cardio-forward warm-up to get the body moving. Build full-body strength and muscular endurance using high-rep, medium-resistance work. Finish with a core blast on the mats to leave you feeling fully transformed.

YOGA & RECOVERY – Breathe. Flow. Restore.

Mobility, recovery, and mind-body movement

● **DEEP STRETCH:** Improve flexibility, release tension. Using principles from classical dance and yoga. Move through a gentle warm-up to increase blood flow, and then be guided through a total-body stretch targeting all muscle groups. From athletes to weekend golfers to beginners, this class offers an opportunity to move more freely, improve range of motion, and feel more open through the body. Shoes Optional.

● **HATHA YOGA I:** Learn the foundations of a good yoga practice. Postures are taught with attention to detail and proper body alignment. No shoes.

●● **HATHA YOGA II:** Awaken and elevate. This Level 2 class connects movement to breath as one pose flows into the next. Practice dynamic sun salutations, standing sequences, deep hip openers, and seated twists while introducing more advanced yoga poses.

● **MOBILITY & MUSCLE:** Build strength, boost flexibility, and enhance overall joint function in this slower, deliberately-paced class. A blend of targeted strength-building and joint-mobilizing drills and movements. Optimize your body's movement mechanics and unleash a greater range of motion. Shoes optional.

● **MOBILITY FLOW:** Unlock fluidity and ease. Move with purpose using blocks, bands, and straps to stretch and strengthen, release tension, and expand your range of motion. Feel your body move freely and your mind unwind. Perfect for performance or everyday stiffness. No shoes.

●● **POWER YOGA:** Energize and strengthen with a blend of traditional and contemporary postures and flows, performed in a gently heated room to promote blood flow. A perfect balance of strength and length for your whole body. No shoes.

● Low Intensity | ●● Moderate Intensity / All Levels | ●●● High Intensity

YOGA & RECOVERY – Breathe. Flow. Restore. *(Continued)*
Mobility, recovery, and mind-body movement

● **RESET & RESTORE:** Move gently. Breathe deeply. Feel renewed. A mindful blend of yoga-inspired movement, breathwork, meditation, and relaxation. Release physical tension, calm mental clutter, and create space for stillness. Connect movement to breath and find greater balance and ease. Reset your body. Restore your mind. No shoes.

●● **VINYASA FLOW:** Ignite and energize. Challenge your strength, flexibility, and focus as you flow with intention through dynamic sun salutations, invigorating poses, and balancing sequences. Immerse yourself fully in the flow. No shoes.
–**HOT**: Room heated to 90F. Sweat, breathe deeply, and connect fully.
–**EXPRESS**: Shortened class (45 minutes). A powerful flow for a tight schedule.

●● **YOGA FUSION:** Explore a blend of Hatha, Ashtanga, and Kundalini techniques that will engage your muscles, calm your mind, open your joints, and lift your spirits. Whether you're seeking strength, flexibility, or inner peace, this fusion class invites you to explore the synergy of various yoga traditions. No shoes.

●● **YOGA STRETCH & STRENGTH:** Slow is the new edge. Release tension, enhance mobility, and build strength. Delve into a mind-body journey rooted in precise anatomical principles, empowering you to move past physical barriers. Both traditional and non-traditional yoga props are utilized to deepen your experience. No shoes.

HIIT / ATHLETIC TRAINING– Push limits, feel powerful.
High-intensity, full-body conditioning designed to build strength, endurance, and performance

●● **ADELAIDE CIRCUIT:** No nonsense circuit training. A full-body workout combining strength, functional movement, and cardio. Move through timed work and rest as you challenge your entire body. Push your limits. Move with purpose.

●●● **BOOT CAMP:** High energy, fast moving. Mobility, muscle-activation and cardio drills to get your body and nervous systems online and primed. Then power through a mix of targeted stations combining strength, muscular endurance, agility, and cardio work. Weekly-changing circuits will keep your mind sharp and your muscles fired-up.

●● **BOXING:** Endurance, agility, speed, and power. Honour the tradition of boxing, with technique-focused work on the heavy bags and pads combined with high-octane cardio and strength drills to unleash your inner-athlete! Wraps recommended, they can be purchased at the Adelaide Pro Shop. Gloves provided.

●●● **HIIT IN 30/HIIT IN 45:** Fast-paced and explosive! Push yourself to the max with intense bursts of effort, followed by short rest periods to recover. Torch fat and rev up your metabolism.

●●● **HIIT STRONG:** Dynamic and powerful! This 30-minute low-impact workout elevates your heart rate with compound strength movements that engage multiple muscle groups. Push to the max with intense bursts of effort, followed by quick recoveries. Torch calories, build strength with weights, and boost your metabolism.

●● **KICKBOXING:** Punch. Kick. Sweat. A high-energy, full-body burner inspired by K1-style kickboxing. Think fast combos, powerful strikes, and nonstop movement. Shadowboxing sharpens your form. Heavy bag work builds your power. All-out intensity builds your endurance. Knees up. Gloves on. Let's go! Wraps recommended, they can be purchased at the Adelaide Pro Shop. Gloves provided.

●●● **OPTIMIZE IN 45:** Efficient. Effective. This full-body Strength and metabolic conditioning workout packs a punch. Strengthen with deliberately paced resistance movements and conventional lifting. Ignite with intense plyometric and cardio drills. Target all energy systems for optimal results.

●● **PERFORMANCE LAB:** Circuit-style training designed to build strength, agility, and power without sacrificing movement quality. Learn to move, breathe, and endure efficiently under intelligent stress, training your body and mind to stay sharp, adaptable, and composed. Build an athletic body and a focused mind—ready, capable, and in control wherever life or sport takes you.

●● **POWER INTERVALS:** Train your inner athlete. Timed intervals of body and free-weight exercises to build your power and anaerobic endurance. Get ready to power-up!

●● **TMT (TOTAL METABOLIC TRAINING):** This EMOM (Every Minute on the Minute) class alternates between high and moderate intensity intervals, targeting both aerobic and anaerobic systems. Build strength, boost endurance, and elevate your efficiency. Not your average HIIT—get ready to push your limits!

DANCE / RHYTHM – Feel the rhythm. Own the energy.
Music-driven conditioning designed to build endurance, coordination, and control

●● **CARDIO DANCE:** Move. Sweat. Repeat. A nonstop, high-energy dance workout mixing styles with easy moves you can follow. Let the beat push you to burn calories, boost your cardio, and unleash your energy. Fast, fun, and fierce—this class will leave you sweating and smiling every time.

● **DEFINITION:** Focus on strengthening smaller secondary muscles, which aid to promote better balance and prevent injuries. Light weights exhaust the muscles through endurance. Intervals of dance-inspired movement elevate the heart rate into fat burning zone.

●● **HIP HOP STEP:** High-energy full-body step aerobics with hip hop, R&B, and throwback tracks. Move through easy-to-follow combinations designed to elevate your heart rate and challenge coordination. This is not a dance class—no choreography experience is required. Just bring your energy, sweat it out, and leave feeling better than when you walked in.

● **STEP & PUMP 101:** Back to basics. Find your rhythm and coordination in this step-based class as you learn foundational combos and drills using the step and light weights. A cardio classic that builds confidence, timing, and endurance.

●● **STEP & PUMP II:** Cardio and coordination. Challenge both body and mind, in this fast-paced, intermediate-level cardio-classic. Choreography both on and around the step, combined with intervals using body weight and light dumbbells to build strength and muscular endurance. 'Step'-up your cardio game! Previous step experience recommended.

● **SUPER SCULPT:** A true throwback. This old-school aerobics-inspired class uses light weights, high reps, and steady, rhythmic movement to build endurance, tone muscles, and elevate your heart rate. Simple, effective, and classic.