

NEW HOURS:

Monday- open at 5am,
we are open 24 hours
till Friday at midnight.

Saturday- 8am-8pm

Sunday- 8am-8pm


XTREME COUTURE MMA & FITNESS

FITNESS SCHEDULE 2017

700 KIPLING AVE M8Z 5G3 TORONTO CANADA

WWW.XTREMECOUTURE.CA (416) 503-1600

LAST UPDATED: MARCH 9TH/2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM ENDURANCE CYCLING/ TINA	9:30 AM KETTLE BELL LEAH	9:30AM HOT YOGA LISA	9:00 AM XTREME CYCLING TINA	9:30AM CORE KEN	9:00 AM XTREME CYCLING AIDAN	
10:00 am XTREME CROSS TRAINING/ ANTA		10:00 am XTREME CROSS TRAINING ANTA	9:30 AM KETTLE BELL LEAH	9:30AM HOT YOGA LISA	9:00AM XTREME CROSS TRAINING w/MARCO	9:30AM HOT YOGA LISA
▼ ▼ ▼ EVENING CLASSES ▼ ▼ ▼					9:30 AM ASHTANGA YOGA Anna L	10:45AM HOT YOGA LISA
		6:00 PM ZUMBA FITNESS GERMAN			10:00AM XTREME CROSS TRAINING w LOWELL	
6:00PM XTREME CYCLING ANDY	6:00 PM ZUMBA FITNESS NATALIA	6:00PM VINYASA FLOW ANNA C	6:00 PM ZUMBA FITNESS NATALIA		11:00 AM HOT YOGA A N N A	
6:00 PM ZUMBA FITNESS GINA	6:00PM YIN YOGA LISA		6:00 PM POWER YOGA ANNA	6:00PM XTREME CROSS TRAINING W/ MIKE	3:00 PM XTREME ZUMBA NATALIA	
	6:15 PM XTREME CYCLING TINA	6:30 PM KETTLE BELL ERIC	6:30PM XTREME CYCLING SANDY	7:00 PM KETTLE BELL ERIC	<div style="border: 1px solid black; padding: 5px;"> <p>*SIGN-IN REQUIRED FOR THE FOLLOWING CLASSES: CYCLING, HOT YOGA, ZUMBA, AND FEMALE BOOTCAMP</p> </div>	
7:00PM FEMALE BOOT CAMP NATALIA	7:00 PM XTREME CROSS TRAINING LOWELL	7:00PM XTREME ZUMBA NATALIA		7:00 PM BRAZILIAN BOOTY RACHEL		
7:30 PM KETTLE BELL ERIC	7:00 PM Brazilian Booty Rachel	7:30PM HOT YOGA ANNA	7:00PM FEMALE BOOT CAMP NATALIA		<div style="border: 1px solid black; padding: 5px;"> <p>CHILDCARE Hours Mon-Wed 9am -1pm & 5pm- 9pm Thurs-Fri 9am-1pm & 5pm-8:30pm Saturday 9am -1pm Sunday CLOSED</p> </div>	
8:00PM HOT YOGA Anna			7:30PM HOT YOGA STACY			

HOT YOGA *YOGA ESSENTIALS: YOGA MAT, TOWEL, WATER BOTTLE

Used to describe any number of yoga styles that use heat to increase an individual's flexibility.

POWER YOGA *YOGA ESSENTIALS: YOGA MAT, TOWEL, WATER BOTTLE

A modern yoga system that focuses on dynamic connecting postures.

ZUMBA FITNESS

A fun aerobic fitness class incorporating different types of dance such hip hop, soca ,samba, etc

XTREME ZUMBA & ZUMBA FITNESS

A high intensity dance class to help tone your entire body & develop your cardiovascular endurance.

FEMALE BOOT CAMP

Our female only boot camp will whip you into shape using a variety of aerobic, strength and conditioning exercises that refer to recruit training.

CORE

Mixed core workouts improve any activity in life and aids in the prevention of injury, strengthens the torso's stabilization, improves spinal and postural control while the body is still and in motion, and provides stronger and tighter abs.

ENDURANCE CYCLE

An intense group cycle class for those who want to take it to the next level!

XTREME CYCLE

A high energy cycling class targeting glutes, quads & hamstrings. Beginners welcome.

XTREME CROSSTRAINING

A mix of aerobic, body weight training. Describing its strength and conditioning program as high intensity, functional movement.

KETTLEBELL

A powerful hour working with a large cast-iron ball-shaped weight with a single handle to perform ballistic exercises that achieve exceptional cardiovascular strength training