

DEC - JAN - FEB 2025-2026 GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<div>STRENGTH DEVELOPMENT (45) 6:00am-6:45am Studio 1</div> <div>Kasey</div>	<div>BODYCOMBAT 6:00am-7:00am Studio 2</div> <div>Dave</div>	<div>BOOTCAMP 6:00am-6:45am Central Field</div> <div>Rachel/ Malik</div>	<div>RPM 5:55am-6:40am Spin Studio</div> <div>Natalie</div>	<div>BODYPUMP 6:00am-7:00am Studio 1</div> <div>David</div>	<div>TONE (45) 8:15am-9:00am Studio 2</div> <div>Payton</div>	
<div>POP-UP CARDIO 8:30am-9:30am Studio 2</div> <div>TOCA Instructors</div>	<div>SPRINT 6:00am-6:30am Spin Studio</div> <div>Chris</div>	<div>UPBEAT BARRE (45) 6:00am-6:45am Studio 1</div> <div>Melissa</div>	<div>BODYCOMBAT 6:00am-7:00am Studio 2</div> <div>Dave</div>	<div>BODYCOMBAT 8:30am-9:30am Studio 2</div> <div>Caitlin</div>	<div>BODYPUMP 8:30am-9:30am Studio 1</div> <div>Kursten</div>	
<div>TOCA STRENGTH 9:30am-10:30am Studio 1</div> <div>Jordan</div>	<div>BIKE BOOTCAMP 8:30am-9:30am Spin Studio/Studio 2</div> <div>Marguerite</div>	<div>TOCA STRENGTH 8:30am-9:30am Studio 1</div> <div>Jordan</div>	<div>UPBEAT BARRE (45) 8:30am-9:15am Studio 1</div> <div>TOCA Instructors</div>	<div>BOOTCAMP 9:30am-10:15am Outside/Central Field</div> <div>Malik</div>	<div>UPBEAT BARRE (45) 9:30am-10:15am Studio 1</div> <div>Megan/ Natalie</div>	
	<div>YOGA 8:45am-9:30am Studio 3</div> <div>Jordan</div>	<div>POP-UP CARDIO 9:30am-10:30am Studio 2</div> <div>TOCA Instructors</div>	<div>PILATES (45) 9:30am-10:15am Studio 2</div> <div>Ashley</div>	<div>BARRE 9:30am-10:20am Studio 3</div> <div>Megan C.</div>	<th>SUNDAY</th>	SUNDAY
	<div>BARRE 9:30am-10:20am Studio 1</div> <div>Sarah</div>		<div>BODYPUMP 9:35am-10:35am Studio 1</div> <div>Lauren</div>		<div>BODYBALANCE 8:30am-9:30am Studio 1</div> <div>Ashley</div>	
	<div>BODYPUMP 9:30am-10:30am Studio 2</div> <div>Megan L.</div>				<div>BODYSTEP 9:35am-10:35am Studio 2</div> <div>Brittney</div>	
					<th>CLUB HOURS</th>	CLUB HOURS
<div>ZUMBA 6:00pm-7:00pm Studio 2</div> <div>Carmen</div>	<div>BODYPUMP 5:30pm-6:30pm Studio 1</div> <div>Megan L.</div>	<div>UPBEAT BARRE (45) 5:30pm-6:15pm Studio 1</div> <div>Megan L.</div>	<div>BODYPUMP 5:30pm-6:30pm Studio 1</div> <div>Megan L.</div>	<div>Monday- Friday</div> <div>5:30am-10:00pm</div>		
	<div>BODYSTEP 5:30pm-6:30pm Studio 2</div> <div>Brittney</div>			<div>Saturday- Sunday</div> <div>7:00am-10:00pm</div>		

- Follow us on Instagram (@tocadenverfitness) and Facebook (TOCA Denver)!
- Join our Group Fitness Facebook Group! Search for "TOCA Denver Group Fitness" and request to join.
- **The most up-to-date Group Fitness Schedule PDF may not be uploaded on the TOCA Denver website. For the most accurate information, please check the Google Calendar or our Group Fitness Facebook Group. If you have additional questions, please call or email (contact information is below).**

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BARRE / UPBEAT BARRE 	<p>Developed from a ballet background, BARRE combines low impact exercises with the use of a barre, low-weight dumbbells, bands, and gliders. BARRE is more traditional format, whereas UPBEAT BARRE is choreographed to top hits. ONLY OFFERED LIVE.</p>	LES MILLS PILATES	<p>A 45-minute mind-body workout designed to improve strength and mobility. Slow, simple movements tone your abs, glutes, back, and hips. Modern breathwork creates renewal and bliss. ONLY OFFERED LIVE</p>
LES MILLS BODYCOMBAT	<p>A high-energy martial arts-inspired workout. Punch and kick your way to fitness and burn up to 740 calories in one class! Bring your best fighter attitude and leave inhibitions at the door. OFFERED BOTH LIVE AND VIRTUALLY.</p>	LES MILLS sprint	<p>A 30-minute high-intensity interval training workout using an in-door bike to achieve fast results. Fast, challenging, and with minimal joint impact. OFFERED BOTH LIVE AND VIRTUALLY.</p>
LES MILLS BODYBALANCE	<p>A yoga-based fitness class that blends movements from yoga, Tai Chi, and Pilates to improve flexibility, core strength, and mental wellbeing. You will work on controlled breathing, stretching, and poses set to music. The class helps reduce stress, improve balance, and create a sense of calm and harmony.</p>	LES MILLS RPM	<p>Incorporating cycling, choreography, and motivational coaching techniques to give you a completely safe, aerobic, and adrenaline ride. Get in the zone and find out why RPM is totally addictive! OFFERED BOTH LIVE AND VIRTUALLY.</p>
LES MILLS BODYPUMP	<p>The original bar class. The ideal workout for anyone looking to get lean, toned, and fit - fast! Using light to moderate weights with lots of repetition, BODYPUMP will give you a total body workout. OFFERED BOTH LIVE AND VIRTUALLY.</p>	LES MILLS BODYSTEP	<p>In a BODYSTEP workout, you can expect a mixture of upbeat, rhythmic stepping movements with exercises such as burpees, push-ups. The result is a fun, uplifting, full-body workout! ONLY OFFERED LIVE.</p>
BOOTCAMP & BIKE BOOTCAMP	<p>Get ready for this high-intensity, sports conditioning class that will vary in format every time! Instructors use a combo of cardio conditioning and strength training to help you push your limits! BIKE BOOTCAMP will meet in the Spin Studio to start. ONLY OFFERED LIVE.</p>	TOGA STRENGTH	<p>This is a great class for improving form and/or building strength in a particular area. With a tabata-style focus you can choose to focus on cardio and speed, or strength and maximum weight. ONLY OFFERED LIVE.</p>
LES MILLS STRENGTH DEVELOPMENT	<p>This class builds muscle, improves technique, and increases confidence through a series of 45-minute workouts. Each session uses different training protocols to maximize results for both beginners and experienced lifters. The program uses controlled movements and a science-based approach to help you get stronger and more powerful in your training.</p>	YOGA	<p>Yoga is a practice that connects the body, breath, and mind, and improves your physical and mental health through breathing exercises, meditation, postures, and body awareness. ONLY OFFERED LIVE.</p>
les mills tone	<p>A 45-minute group fitness class that blends strength, cardio, and core training. The workout uses bodyweight exercises, weight plates, and resistance bands to provide a comprehensive, high-intensity interval training (HIIT) style workout that is suitable for all fitness levels, including beginners</p>	ZUMBA	<p>Zumba is a dynamic, dance-based fitness program that incorporates Latin and international music with energetic dance moves. It is designed to provide an effective aerobic workout in a fun, social setting.</p>