MAKI™
PERFORMANCE TRAINING

FALL 2026 · RICHMOND, BC

WEEKLY CLASS SCHEDULE

Coached group classes for every schedule. Book through the Mindbody app.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 AM	Maki Fit 60 min	Maki Combo 60 min	HYROX 60 min	Maki Combo 60 min	HYROX 60 min		
6:00 AM	Maki Fit 60 min	Maki Lift 60 min		Maki Lift 60 min	Maki Fit 60 min	HYROX 60 min	
7:00 AM						Maki Lift 60 min	
8:00 AM						Maki Lift 60 min	Maki Fit Light/Core 60 min
9:00 AM						Maki Fit 60 min	Maki Combo 60 min
11:45 AM	Maki Fit 60 or 30 min	Maki Combo 60 or 30 min	Maki Fit 60 or 30 min	Maki Combo 60 or 30 min	Maki Fit 60 or 30 min		
4:00 PM	Maki Max 60 min	Maki Combo 60 or 30 min	Maki Fit 60 min	Maki Combo 60 or 30 min	KB Flow 60 min		
5:00 PM	KB Flow 60 min	HYROX 60 min	Maki Fit 60 min	Maki Lift 60 min	HYROX 60 min		
6:00 PM	Maki Fit Light/Core 60 min	Maki Lift 60 min	Maki Fit Light/Core 60 min	Maki Lift 60 min			
7:00 PM				Recovery Flow Yoga 60 min			

CLASS KEY — Maki Fit · Maki Lift · Maki Combo · HYROX · Specialty

Classes marked 60 or 30 min offer a full session or a 30 min express option.

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Book ahead in the Mindbody app
Up to 48 hours before, as late as 30 minutes before class.

Personal training by appointment
Schedule as of October 2026. Subject to change.