

HORAIRE DES COURS EN GROUPE

GROUP FITNESS SCHEDULE

HIVER/WINTER 2012

8 jan au 31 mars / Jan 8 to March 31

	DIMANCHE SUNDAY	LUNDI MONDAY	MARDI TUESDAY	MERCREDI WEDNESDAY	JEUDI THURSDAY	VENDREDI FRIDAY	SAMEDI SATURDAY
7:00-7:55		CYCLE Julian	CYCLE Michelle	BOOT CAMP Heidi	CYCLE Julie	C/C/INTERVAL Katalin	
		CARDIO SCULPT Calina		YOGA Lauren R. (WR)	CARDIO CIRCUIT II Tyler		
8:00- 8:55	ESSENTRICS Lauren F.	ZUMBA Vered	CARDIO INTERVAL Katalin	CORE IN MOTION Linda	CARDIO BOOTCAMP Katalin	CARDIO INTERVAL Loni	
	CYCLE Derek / Julian						
9:00-9:55	CARDIO INTERVAL Melanie	CARDIO CIRCUIT Heidi	ZUMBA Guylaine (Gym B)	BODY BLAST Sandra	ATHLETIC STEP Melanie	CARDIO & PUMP II-III Monica	ZUMBA (Gym B) Guylaine / Elena
	CYCLE Jack	CYCLE Linda	ENDURO CYCLE 9:15 Julian (75 min)	CYCLE Linda	CYCLE 9:15 Louise	CYCLE Michelle	
		PILATES I Sandra (WR)				PILATES Sandra (WR, TF)	
10:00-10:55	YOGA Wendy	BODY TONING Linda (Gym B)	YOGA FLOW Yolanda	BODY BLAST II Monica	YOGA Susy (70 min)	BODY BLAST III Michelle (Gym B)	BOOT CAMP Katalin (Gym B)
	BODY BLAST II Melanie (Gym B)	AERO SAMBA Mika	PILATES Katalin (WR)	ZUMBA Mark (Gym B)	TOTAL CIRCUIT 10:15 Monica (Gym B)	TAI CHI III Jerry (TF)	
11:00-11:55	HATHA YOGA I-II Yolanda (70 min)	YOGA Brandee (70 min)	STRETCH Julian	YOGA FUNDAMENTALS Monica	ZUMBA GOLD 11:15 Sandra	YOGA Susan (70 min)	YOGA Wendy (70 min)
	BODY BLAST II Wendy (Gym B)			YOGA II-III (70 min) Yolanda (Kellert)			
12:15-13:10	CYCLE Nicolas	CYCLE Michelle	PILATES Alison (TF)	CYCLE Michelle	STRETCH Julian	CYCLE Colette	CYCLE Jack
	ZUMBA Jorge (Gym B)	AFRO DANCE Selwyn		PILATES Davida (TF)		FUNCTIONAL FITNESS Louise (TF)	CARDIO KICK BOXING Myriam
		LUNCH BUNCH Katalin (Gym B)		LUNCH BUNCH Mireille (Gym B)		LUNCH BUNCH Susan (Gym B)	
13:15-14:10				ZUMBA Vered			
14:30-16:00		RESTORATIVE YOGA Michael (TF, 90 min)					
16:30-18:00			YOGA Michael (90 min)				
17:15-18:25		YOGA Monica (70 min)					CYCLE 18:15 Marvin/Nicolas
17:30-18:25		CYCLE Jack		ZUMBA Jorge (Gym B)			
		ABS/BACK/BOOTY Melanie (Gym B)			BODY BLAST II Monica		
18:00-18:55			CYCLE Faith	CYCLE Calina			
			BODY BLAST II Carrie				
18:30-19:25		CARDIO INTERVAL Melanie		Réservation	YOGA FLOW 18:35 Audi (70 min)		
19:00-20:00			ZUMBA Vered	Weight Mates			
19:30-20:30		ZUMBA Aireen / Sandra G.					

LÉGENDE / LEGEND

- Cardio
- Cycling
- Conditionnement musculaire / Muscle Conditioning
- Danse / Dance
- Esprit et corps / Mind Body
- Femmes seulement / Women Only
- TF** Entraînement thérapeutique / Therapeutic Fitness
- WR** Salle de lutte / Wrestling Room

Si non indiqué, toutes les classes ont lieu dans le studio / If not indicated, all classes are in the studio.

