

ETE/SUMMER '10

MONTREAL JEWISH COMMUNITY CENTRES
Ben Weider JCC
5400 Westbury Avenue



HEURE TIME	DIMANCHE SUNDAY	LUNDI MONDAY	MARDI TUESDAY	MERCREDI WEDNESDAY	JEUDI THURSDAY	VENDREDI FRIDAY
07:00-7:55		CYCLE Janice	CYCLE Michelle H/I/T Louise	BOOT CAMP Heidi	CYCLE Julie DANCE_CARDIO Susan G	CARDIO/CORE/INTERVAL Katalin
8:00-8:55	PILATES Victoria (♿) CYCLE Jack	CORE_CONDITIONING Elena	CARDIO_INTERVAL Katalin (♿) YOGA/STRETCH Brandee (WR)	CORE_CONDITIONING Linda (♿)	SALSA_BOOT CAMP Victoria (Gym B) THERAPEUTIC_STRETCH Tania (TF)	CARDIO_INTERVAL Loni (♿)
9:00-9:55	CARDIO_INTERVAL Mel. S CYCLE Janice	CYCLE Linda (♿) PILATES I Sandra (WR; TF) ZUMBA Elena (♿)	AERO_STEP Michelle (♿) ENDURO_CYCLE Julian 9:15 (75 min)	BODY_BLAST Sandra CYCLE Linda	DUO_CHALLENGE Katalin and Heidi (♿) CYCLE Mitch (9:15)	EXTREMEFIT_CIRCUIT Julie CYCLE Alex (♿) PILATES Sandra (WR, TF) (♿)
10:00-10:55	YOGA/PILATES_FUSION Wendy BODY_BLAST (II) Mel. S (Gym B)	CARDIO_INTERVAL Louise (Gym B) NIA Felicia	YOGA_FLOW Yolanda (♿) PILATES Katalin (WR)	BODY_BLAST (III) Monica (Gym B) ZUMBA Jorge	YOGA_WORKSHOP Roger (70 min) BODY_BLAST Mitch 10:15 (Gym B)	BODY_BLAST (III) Michelle (Gym B) (♿) TAI CHI (III) Jerry (TF)
11:00-11:55	HATHA_YOGA (I/II) Yolanda (70 min) BODY_BLAST (III) Mitch (Gym B)	YOGA Brandee (70 min)	STRETCH Julian	BEGINNER YOGA Monica (70 min) Yoga (II/III) Yolanda (Gym B; 70 min)	ZUMBA_GOLD Sandra (♿) (11:15)	YOGA Susan (70 min)
12:15-13:10	ZUMBA Mariana (Gym B) CYCLE Mitch ATHLETIC_CARDIO Katalin	AFRO_DANCE Selwyn CYCLE Michelle LUNCH BUNCH Katalin (Gym B)	PILATES Alison (♿)	BODY_BLAST (III) Wendy CYCLE Louise LUNCH BUNCH Mireille (Gym B)	STRETCH Julian	PILATES I Davida LUNCH BUNCH Susan (Gym B)
13:15-14:10		IN_DANCE Stacy	NIA Davida	ZUMBA Kassi (♿)		NIA Davida (♿)
14:30-16:00		RESTORATIVE_YOGA Michael (TF)				
16:30-17:25			YOGA Michael (90 min)			
17:00-18:00					CORE_CONDITIONING Wendy	
17:15-18:25		YOGA Monica (70 min)				
17:30-18:25		CYCLE Jack ABS/BACK/BOOTY Mel. S (Gym B) (♿)	BODY_BLAST (III) Jacob (Gym B)	CYCLE Marvin ZUMBA Elena	BODY_BLAST (III) Monica (Gym B)	
18:00-18:55			CYCLE Janice AERO_STEP Mel. S		YOGA_FLOW (I/II) Wendy (70 min)	
18:30-19:25		CARDIO_INTERVAL Mel. S		KABBALAH_YOGA (II) Audi (90 min)	CYCLE Jack	
19:00-19:55		ZUMBA Mariana (19:30)	PILATES Velcia		IN_DANCE Stacy	

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