

HIVER/WINTER '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 Louise HATHA_YOGA (I) Wendy	CYCLE Michelle H/I/T Louise	BOOT CAMP Heidi YOGA/PILATES_FUSION Lisa (WR)	CYCLE Julie ZUMBA Laura	CARDIO/CORE/INTERVAL Katalin
8:00-8:55	PILATES Victoria CYCLE Scott	CORE_CONDITIONING Christopher	CARDIO_INTERVAL Katalin	CORE_CONDITIONING Linda	BASIC BOOT CAMP Louise (Gym B) ATHLETIC_STRETCH Tania (TF)	CARDIO_INTERVAL Loni
9:00-9:55	ATHLETIC_STEP Mel. S CYCLE Jack	ZUMBA Mary CYCLE Linda PILATES I Sandra (WR, TF)	AERO_STEP Michelle ENDURO_CYCLE Julian 9:15 (75 min)	STEP Diana CYCLE Linda BALANCE Sandra (Gym B)	DUO_CHALLENGE Katalin and Heidi CYCLE Mitch (9:15)	CROSSFIT_CIRCUIT Julie CYCLE Alex PILATES Sandra (WR, TF)
10:00-10:55	YOGA/PILATES_FUSION Wendy BODY_BLAST (II) Mel. S (Gym B)	BODY_BLAST Linda (Gym B) CARDIO_INTERVAL Louise	YOGA_FLOW Yolanda PILATES Katalin (WR)	CORE_CONDITIONING Christopher (Gym B) CARDIO_CIRCUIT Heidi	RESTORATIVE_YOGA (II) 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 Susan (70 min) Yoga (II/III) Yolanda (Jias-1)	BALADI Sandra 11:15 (45 min)	YOGA Susan (70 min)
12:15-13:10	ZUMBA Laura (Gym B) CYCLE Mitch ATHLETIC_CARDIO Katalin	AFRO_DANCE Selwyn CYCLE Scott LUNCH BUNCH Katalin (Gym B)	PILATES Alison	BODY_BLAST (III) Bassel CYCLE Michelle LUNCH BUNCH Mireille (Gym B)	BOOT CAMP Josée STRETCH Julian (WR)	PILATES I Davida CYCLE Louise LUNCH BUNCH Susan (Gym B)
13:15-14:10	BALADI Sandra	NIA Felicia		ZUMBA Geneviève		NIA Davida (TF)
14:30-16:00		RESTORATIVE_YOGA Michael (TF)				
16:30-17:25			YOGA Michael (90 min)			
17:00-18:00					CORE_CONDITIONING Wendy	
17:30-18:25		CYCLE Jack ABS/BACK/BOOTY Mel. S (Gym B)	CYCLE Faith BODY_BLAST (III) Mel. M (Gym B)	CYCLE Marvin ZUMBA Elena		
18:00-18:55			AERO_STEP Mel. S		YOGA_FLOW (I/II) Wendy (70 min) BODY_BLAST (III) Bassel (Gym B)	
18:30-19:25		CARDIO_INTERVAL Mel. S	CYCLE Mel. M	KABBALAH_YOGA (II) Audi (90 min)	CYCLE Jack	
19:00-19:55		ZUMBA Mariana (19:30)	PILATES Velcia		AERO_KICKBOX Bassel (19:15)	
SAMEDI SATURDAY	11:30-12:30 TAI CHI Jerry (TF)	JAN 18:15 FEB 18:30 CYCLE Marvin				