

Du Parc YMCA

5550 Park Avenue, Montreal, Quebec H2V 4H1

Tel.: 514 271-9622 ymcaquebec.org

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OPENING HOURS

Spring 2017

From 2017-03-27 to 2017-06-18

Monday - Friday: 6 a.m. - 10 p.m.

Saturday - Sunday: 7:30 a.m. - 7 p.m.

Special schedule

Monday, September 1 (Labour Day): no Group Fitness

Group Fitness - old - Morning

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|-----------|-------------------|--------|----------|--------|
| | | | 09:30 - 11:00 | | | |
| | | | Nordic Walking | 1 | | |
| | | | Parc du Mont- | | | |
| | | | Royal - Marie-Ève | | | |
| | | | P. | | | |
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Intensity: Low ��� | Moderate ��� | High ��� | Outdoor Classes | Registration required | Additional payment required | Moderate | Mo