



Print date: 2025-07-16

Winter 2018 From 2018-01-08 to 2018-03-25

OPENING HOURS

Fitness and aquatic activities are temporarily suspended.

Group Fitness - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 - 07:50 Cycling Studio 3 - Vicky (R)	06:45 - 07:30 HIIT Studio 1 - Nikita	07:00 - 07:50 Cycling Studio 3 - Vicky (R)	10:00 - 10:50 Chair Yoga Studio 2 - Réal	07:00 - 07:50 Cycling Studio 3 - Vicky (R)	10:00 - 11:00 Zumba® (5 yrs + with parents) Gym - Sandra C.	09:45 - 10:45 Qi Gong/Chi Kung Studio 1 - Roger
10:00 - 10:55 Tai Chi Studio 4 - Wendy ✍	10:00 - 10:50 Chair Yoga Studio 2 - Chitra	09:30 - 10:00 Tai Chi Studio 4 - Wendy		07:00 - 08:00 Yoga Studio 1 - Chitra	10:15 - 11:00 Step Studio 2 - Bassel (R)	10:00 - 11:00 Step Studio 2 - Valérie (R)
10:00 - 10:55 Gentle Toning Gym - Helen	10:55 - 11:50 Gentle Cardio- Toning Gym - Helen	10:00 - 10:55 Tai Chi Studio 4 - Wendy ✍		10:00 - 10:50 Zumba® Studio 2 - Gabby	10:45 - 11:45 Cycling Studio 3 - Steve C. (R)	
		10:00 - 10:50 Gentle Toning Studio 2 - Olena		10:55 - 11:55 Tai Chi Studio 1 - Wendy ✍		

Intensity : Low 🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | ⚙ Outdoor Classes | ✍ Registration required | \$ Additional payment required | \$N Additional fee for non-members | 🏊 Activity open to City of Montréal residents | Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons - ① Refers to number of lanes for Lane Swim OR number of courts available | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice. | All group fitness classes welcome members 12 years and over | For class descriptions and the most up-to-date schedule information visit: ymcaquebec.org/en/Fitness-and-Aquatic-Activities.



Downtown YMCA

1440 Stanley Street, Montreal, Quebec H3A 1P7

Tel. : 514 849-8393

ymcaquebec.org

Group Fitness - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 - 12:50 Zumba® Studio 2 - Marmar	11:00 - 11:50 Yoga Studio 4 - Michelle	12:00 - 13:00 Power Yoga Studio 4 - Ying	11:00 - 11:50 Gentle Yoga Studio 4 - Réal	11:00 - 12:00 Pilates Studio 2 - Natalie	11:15 - 12:00 Total Sculpt Gym - Bassel	11:00 - 12:00 Cycling Studio 3 - Melanie (R)
12:00 - 12:50 Cycling Studio 3 - Louise M. (R)	12:00 - 12:45 Cycling Studio 3 - Helen (R)	12:00 - 12:50 Zumba® Studio 2 - Marmar	11:00 - 11:50 Gentle Cardio- Toning Studio 2 - Mary S.	11:00 - 11:50 Gentle Toning Gym - Line	11:30 - 12:30 Yoga Studio 4 - Chitra	11:00 - 12:00 Yoga Studio 1 - Don
12:00 - 13:00 Yoga Studio 4 - Andrea	12:00 - 13:00 Vinyasa Yoga Studio 4 - Olivia	12:00 - 12:45 Cycling Studio 3 - Helen (R)	12:00 - 13:00 African Dance Studio 2 - Claudine	12:05 - 12:55 HIIT - Toning Gym - Olivia	12:15 - 13:15 Bootcamp Gym - Silvia	11:10 - 12:05 Total Sculpt Studio 2 - Valérie
12:05 - 12:55 Total Sculpt Gym - Sara	13:05 - 14:05 Stretching Studio 1 - Claudine	12:05 - 12:55 Bootcamp Gym - Silvia	12:00 - 12:45 Cycling Studio 3 - Mathilde (R)		12:25 - 13:25 Pilates Studio 2 - Joanne	12:10 - 13:10 Zumba® (5 yrs + with parents) Gym - Gabby
	13:05 - 14:05 Pilates Studio 2 - Natalie		12:00 - 13:00 Yoga Studio 4 - Andrea		13:00 - 14:00 Yoga Studio 4 - Chitra	12:15 - 13:30 Yoga Studio 2 - Don
			12:05 - 12:55 Bootcamp Gym - Bassel		13:35 - 14:35 Pilates Studio 2 - Joanne	
			13:05 - 14:05 Stretching Studio 2 - Claudine			

Intensity : Low 🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | ⚙️ Outdoor Classes | ✍️ Registration required | 💰 Additional payment required | 💵 Additional fee for non-members | 🏠 Activity open to City of Montréal residents | 🏊 Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons - ① Refers to number of lanes for Lane Swim OR number of courts available | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice. | All group fitness classes welcome members 12 years and over | For class descriptions and the most up-to-date schedule information visit: ymcaquebec.org/en/Fitness-and-Aquatic-Activities.



Group Fitness - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16:40 - 17:25 Total Sculpt <i>Studio 2 - Tanja</i>	16:25 - 17:25 Vinyasa Yoga <i>Studio 2 - Olivia</i>	16:40 - 17:25 Total Sculpt <i>Studio 2 - Laura</i>	16:25 - 17:25 Yoga <i>Studio 2 - Christiane</i>	17:30 - 18:30 Zumba® <i>Gym - Stella</i>		
17:30 - 18:30 Yoga <i>Studio 4 - Marwa</i>	17:30 - 18:30 Cycling <i>Studio 3 - Allison (R)</i>	17:00 - 18:30 Yoga <i>Studio 1 - Ivan</i>	17:30 - 18:30 Cycling <i>Studio 3 - Steve C. (R)</i>	17:30 - 18:30 Yoga <i>Studio 4 - Réal</i>		
17:30 - 18:25 Total Sculpt <i>Gym - Olivia</i>	17:30 - 18:25 Total Sculpt <i>Gym - Antonella</i>	17:30 - 18:30 Zumba® <i>Gym - Linda</i>	17:30 - 18:30 Yoga <i>Studio 4 - Mary C.</i>	17:30 - 18:30 Interval Training <i>Studio 2 - Joanne</i>		
17:30 - 18:20 HIIT <i>Studio 1 - Myriam</i>	17:35 - 18:35 Yoga <i>Studio 2 - Mary C.</i>	17:35 - 18:25 Interval Training <i>Studio 2 - Mary C.</i>	17:35 - 18:25 Step <i>Studio 2 - Ludivine (R)</i>	17:40 - 18:40 Cycling <i>Studio 3 - Shere (R)</i>		
17:35 - 18:20 Step <i>Studio 2 - Pak-Kei (R)</i>	18:40 - 19:35 Circuit Training <i>Gym - Kristen</i>	17:40 - 18:40 Cycling <i>Studio 3 - Ben (R)</i>	18:30 - 19:30 Zumba® <i>Gym - Olivia</i>	17:45 - 18:30 Core Strength & Abs <i>Studio 1 - Pauline</i>		
17:40 - 18:40 Cycling <i>Studio 3 - Omar (R)</i>	18:45 - 19:45 Belly Dancing <i>Studio 2 - Marmar</i>	18:35 - 19:35 Tai Chi - Fan <i>Studio 2 - Ling Ling</i>	18:35 - 19:35 Tai Chi <i>Studio 4 - Steve Q.</i>	18:35 - 19:45 Yoga <i>Studio 4 - Don</i>		
18:30 - 19:30 Zumba® <i>Gym - Maryann</i>	19:35 - 20:35 Pilates <i>Studio 1 - Joanne</i>	18:35 - 19:20 Core Strength & Abs <i>Studio 2 - Charles</i>	18:40 - 19:25 HIIT Cycling <i>Studio 3 - Ivica (R)</i>	18:45 - 19:45 Ballroom <i>Studio 2 - Stella</i>		
18:35 - 19:35 Tai Chi <i>Studio 1 - Steve Q.</i>		18:40 - 19:40 Bootcamp <i>Gym - Sam</i>				
18:35 - 19:25 HIIT - Toning <i>Studio 2 - Sandy</i>						

Intensity : Low 🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | ⚙️ Outdoor Classes | ✂️ Registration required | 💰 Additional payment required | 🇸🇳 Additional fee for non-members | 🏊 Activity open to City of Montréal residents | 🏊 Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons - ① Refers to number of lanes for Lane Swim OR number of courts available | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice. | All group fitness classes welcome members 12 years and over | For class descriptions and the most up-to-date schedule information visit: ymcaquebec.org/en/Fitness-and-Aquatic-Activities.



18:40 - 19:40

Yoga

Studio 4 - Marwa

19:40 - 20:40

Belly Dancing

Studio 1 - Marie

Group Fitness - old - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	07:00 - 08:00 Cycling performance (18+) 14 November - 24 April Studio 3 - Jean- Luc ✂ \$		06:45 - 07:30 HIIT Kickboxing Studio 1 - Nikita			

Group Fitness - old - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00 - 11:50 Cardio-graphy Gym - Helen	12:00 - 13:00 "Nia/The Groove™" Studio 2 - Felicia	11:00 - 11:50 Cardio-graphy Studio 2 - Mary S.		12:00 - 12:50 Cycle training Studio 3 - Jean- Luc		
	12:15 - 13:00 BOSU Gym - Bassel (R)			12:00 - 13:00 Kundalini Yoga Studio 4 - Louise D.		
				12:10 - 13:00 "The Groove™" Studio 2 - Laurie-Lynn		
				13:10 - 13:55 Meditation Studio 4 - Louise D.		

Intensity : Low 🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | ⚙ Outdoor Classes | ✂ Registration required | \$ Additional payment required | \$N Additional fee for non-members | 🏊 Activity open to City of Montréal residents | Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons - ① Refers to number of lanes for Lane Swim OR number of courts available | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice. | All group fitness classes welcome members 12 years and over | For class descriptions and the most up-to-date schedule information visit: ymcaquebec.org/en/Fitness-and-Aquatic-Activities.



Group Fitness - old - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
19:35 - 21:35 Karate Studio 2 - Sensei Debeur ✍	18:20 - 19:20 Tango Studio 1 - Wolf ✍	17:30 - 18:30 Yoga for performance Studio 4 - Jason	17:30 - 18:30 Aero-Kickboxing Studio 1 - Eva			
		18:40 - 19:40 "The Groove™" Studio 4 - Sandra T.	17:35 - 18:25 BOSU Gym - Olivia (R)			
			19:35 - 21:35 Karate Studio 2 - Sensei Debeur ✍			

Fitness and Aquatic Activities - Small Group Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:10 - 12:55 Functional Training Studio 1 - Bassel ✍\$		12:10 - 12:55 TRX® Studio 1 - Bassel ✍\$	12:10 - 12:55 TRX® Circuit Studio 1 - Claudette ✍\$	12:10 - 12:55 TRX® Yoga Studio 1 - Claudette ✍\$		

Aquatics - Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:55 - 10:45 Aquafit Pool - Rosemary	12:05 - 12:55 Aquafit Pool - Monique	09:55 - 10:45 Aquafit Pool - Gui	12:05 - 12:55 Aquafit Pool - Katie	09:55 - 10:45 Aquafit Pool - Monique		
17:45 - 18:45 Aquafit Pool - Valérie		17:45 - 18:45 Aquafit Pool - Marine		17:30 - 18:30 Aquafit Pool - Valérie		

Intensity : Low 🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | ⚙ Outdoor Classes | ✍ Registration required | \$ Additional payment required | \$N Additional fee for non-members | 🏊 Activity open to City of Montréal residents | Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons - ① Refers to number of lanes for Lane Swim OR number of courts available | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice. | All group fitness classes welcome members 12 years and over | For class descriptions and the most up-to-date schedule information visit: ymcaquebec.org/en/Fitness-and-Aquatic-Activities.



Downtown YMCA

1440 Stanley Street, Montreal, Quebec H3A 1P7

Tel. : 514 849-8393

ymcaquebec.org

Aquatics - Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 - 09:30 ⑤	06:30 - 07:45 ②	06:30 - 09:30 ⑤	06:30 - 07:45 ②	06:30 - 09:30 ⑤	07:30 - 08:55 ⑤	07:30 - 09:45 ⑤
09:30 - 09:45 ④	07:45 - 09:30 ⑤	09:30 - 09:45 ④	07:45 - 09:30 ⑤	09:30 - 09:45 ③	12:15 - 14:00 ③	12:00 - 13:00 ③
09:45 - 10:45 ②	09:30 - 11:00 ⑤	09:45 - 10:45 ②	09:30 - 12:00 ④	09:45 - 10:45 ②	14:00 - 16:00 ②	13:00 - 14:00 ⊗
10:45 - 11:30 ③	11:00 - 12:00 ③	10:45 - 11:30 ③	12:00 - 13:00 ②	10:45 - 14:30 ⑤	16:00 - 16:30 ⑤	14:00 - 16:30 ②
11:30 - 14:30 ⑤	12:00 - 13:00 ②	11:30 - 14:30 ⑤	13:00 - 14:30 ⑤	14:30 - 16:00 ⊗	16:30 - 18:30 ⊗	16:30 - 18:30 ⊗
14:30 - 16:00 ⊗	13:00 - 14:30 ⑤	14:30 - 16:00 ⊗	14:30 - 16:00 ⊗	16:00 - 17:30 ⑤		
16:00 - 17:45 ⑤	14:30 - 16:00 ⊗	16:00 - 17:45 ⑤	16:00 - 18:30 ③	17:30 - 20:00 ②		
17:45 - 20:00 ②	16:00 - 18:30 ③	17:45 - 20:00 ②	18:30 - 20:00 ②	20:00 - 21:30 ⊗		
20:00 - 21:30 ⊗	18:30 - 20:30 ②	20:00 - 21:30 ⊗	20:00 - 21:30 ⊗			
	20:00 - 21:30 ⊗					

Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 - 21:30 Family Open Swim (For all ages) BB	06:30 - 21:00 Family Open Swim (For all ages) BB	06:30 - 21:30 Family Open Swim (For all ages) BB	06:30 - 21:30 Family Open Swim (For all ages) BB	06:30 - 21:30 Family Open Swim (For all ages) BB	07:30 - 08:55 Family Open Swim (For all ages) BB	07:30 - 18:30 Family Open Swim (For all ages) BB
					12:15 - 18:30 Family Open Swim (For all ages) BB	

Aquatics - Swimming Clubs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18:45 - 20:00 Masters Swim Club (18+) <i>Pool - Jorge</i>	06:30 - 07:45 Masters Swim Club (18+) <i>Pool - Mohamad</i>	18:45 - 20:00 Masters Swim Club (18+) <i>Pool - Jorge</i>	06:30 - 07:45 Masters Swim Club (18+) <i>Pool - Mohamad</i>			

Intensity : Low 🔥🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | ⚙ Outdoor Classes | ✂ Registration required | 💰 Additional payment required | 🏠 Additional fee for non-members | ⊗ Activity open to City of Montréal residents | Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons - ① Refers to number of lanes for Lane Swim OR number of courts available | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice. | All group fitness classes welcome members 12 years and over | For class descriptions and the most up-to-date schedule information visit: ymcaquebec.org/en/Fitness-and-Aquatic-Activities.



Sports and Recreation - Sports

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15:15 - 17:00 Open Badminton (14+) Gym	07:00 - 08:30 Open Badminton (14+) Gym	13:15 - 15:15 Open Volleyball (16+) Gym	08:00 - 09:00 Open Badminton (14+) Gym	17:30 - 19:45 Squash - Round Robin (18+) 8 January - 25 March Court 2, 3 & 4 - Patrick/J.M.	09:45 - 10:30 Squash Clinic (8-12 years Beginner/Intermediate) 13 January - 24 March Court 2, 3 & 4 - Benoît & Chris	09:00 - 11:55 Supervised Volleyball (16+) Gym - Saeid
17:30 - 19:45 Squash - Round Robin (18+) 8 January - 25 March Court 2, 3 & 4 - AJ	13:15 - 15:15 Open Basketball (18+) Gym	17:30 - 19:45 Squash - Round Robin (18+) 8 January - 25 March Court 2, 3 & 4 - Ian	17:30 - 18:15 Squash Clinic (18+) 11 January - 29 March Court 2 & 3 - Anthony	20:30 - 22:45 Open Basketball (18+) Gym	10:30 - 11:30 Squash Clinic (13-17 years Advanced) 13 January - 24 March Court 2, 3 & 4 - Benoît & Chris	15:30 - 18:00 Supervised Basketball (18+) Gym - Alex
20:00 - 22:30 Supervised Volleyball (16+) Gym - David/Julian	17:30 - 18:15 Squash Clinic (18+ Intermediate Level) 16 January - 3 April Court 2 & 3 - Giovanni	20:00 - 22:45 Open Basketball (18+) Gym	19:00 - 19:45 Squash Clinic (18+ Intermediate/advanced) 11 January - 29 March Court 2 & 3 - Fernando		16:00 - 18:30 Supervised Basketball (18+) Gym - Alex	18:00 - 19:30 Supervised Soccer (18+) Gym - Rémi
	20:00 - 22:30 Supervised Soccer (18+) Gym - Guy		19:45 - 21:00 Supervised Soccer (18+) Gym - Régis		18:30 - 19:30 Open Badminton (14+) Gym	
			21:10 - 22:30 Supervised Badminton (18+) Gym - Reza			

Intensity : Low 🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | ⚙️ Outdoor Classes | ✍️ Registration required | 💰 Additional payment required | 💵 Additional fee for non-members | 🏠 Activity open to City of Montréal residents | 🏊 Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons - ① Refers to number of lanes for Lane Swim OR number of courts available | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice. | All group fitness classes welcome members 12 years and over | For class descriptions and the most up-to-date schedule information visit: ymcaquebec.org/en/Fitness-and-Aquatic-Activities.



Downtown YMCA

1440 Stanley Street, Montreal, Quebec H3A 1P7

Tel. : 514 849-8393

ymcaquebec.org

Fitness and Aquatic Activities - Parent & Baby / Family Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					08:45 - 09:45 Family Badminton (6-11 yrs with parents) Gym	

Children's activities (0-12 years)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					09:00 - 10:00 Karate for Kids (6-11 yrs) <i>Studio 2 - Sensei Debeur</i>	

Intensity : Low 🔥🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | ⚙️ Outdoor Classes | ✍️ Registration required | 💰 Additional payment required | 💵 Additional fee for non-members | 🏠 Activity open to City of Montréal residents | Aquatics: The YMCA reserves the right to close a lane in order to offer private lessons - ① Refers to number of lanes for Lane Swim OR number of courts available | The YMCA reserves the right to cancel classes if there are less than 10 participants. Instructors are subject to change without notice. | All group fitness classes welcome members 12 years and over | For class descriptions and the most up-to-date schedule information visit: ymcaquebec.org/en/Fitness-and-Aquatic-Activities.