

Print date: 2025-08-02

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

Monday - Friday: 6 a.m. - 10 p.m.
Saturday - Sunday: 7:30 a.m. - 7:30 p.m.
Special schedule
Monday, September 1 (Labour Day): no Group Fitness
POOL CLOSURE Saturday - Sunday: 7 p.m.

Group Fitness - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:15 - 08:10 Yoga Studio 2 - Claire	09:05 - 09:50 Cardio-Choreo Studio 2 - Monika	07:15 - 08:10 Yoga Studio 2 - Claire	08:00 - 09:00 Pilates Studio 2 - Orsola	09:05 - 09:55 Total Sculpt Studio 2 - Jenny	08:30 - 09:45 Yoga – Meditation Studio 2 - Maggie	09:00 - 10:00 Power Yoga Studio 2 - Maggie
08:30 - 09:30 Cardio-Dance Studio 2 - Wanda	09:15 - 10:00 Cycling (8 yrs + with parents) Studio 1B - Cathy BB (R)	09:05 - 10:00 Zumba® Studio 2 - Carla (R)	09:05 - 09:50 Cardio-Choreo Studio 2 - Leina	09:30 - 10:15 Cycling Studio 1B - Christine A. (R)	10:00 - 11:00 Endurance Cycling Studio 1B - François (R)	09:15 - 10:00 Cycling Studio 1B - Violette (R)
10:00 - 11:00 Yogalates Studio 3 - Leila G.	09:15 - 10:00 Cycling Studio 1B - Cathy	10:05 - 10:55 Gentle Stretching Studio 3 - À venir / TBA BB	10:00 - 10:55 Gentle Toning Studio 2 - Bridget	10:05 - 11:05 Essentrics® Studio 2 - Louise		10:10 - 11:10 Pilates Studio 2 - Hooma
10:05 - 10:55 Gentle Stretching Studio 2 - Isabel BB	10:00 - 10:55 Gentle Toning Studio 2 - Jenny	10:05 - 10:50 Core Strength & Abs Studio 2 - Carla				10:15 - 11:15 Zumba® Studio 3 - Rosario (R)

Intensity : Low 🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | ⚙ Outdoor Classes | BB Baby friendly | ✍ Registration required | 💰 Additional payment required
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Group Fitness - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:10 - 11:55 Step Toning <i>Studio 2 - Leila G.</i>	11:10 - 11:55 Zumba® <i>Studio 2 - Sun (R)</i>	11:00 - 12:15 Yoga – Meditation <i>Studio 3 - Nadine</i>	11:05 - 12:05 Tai Chi <i>Studio 2 - Roger</i>	11:15 - 12:45 Line Dance <i>Studio 2 - Jocelyne</i>	11:10 - 12:10 Tai Chi <i>Studio 2 - Roger</i>	
12:00 - 12:45 Cycling <i>Studio 1B - Serge (R)</i>	12:00 - 13:00 Power Yoga <i>Studio 3 - Victoria</i>	12:00 - 12:45 Cycling <i>Studio 1B - Valerie (R)</i>	12:00 - 13:00 Yoga <i>Studio 3 - Shirley</i>	12:00 - 12:45 Cycle'n Pilates <i>Studio 1B - Orsola BB (R)</i>	11:30 - 12:15 HIIT Cycling <i>Studio 1B - À venir / TBA (R)</i>	
12:15 - 13:00 STRONG Nation® <i>Studio 2 - Laurie</i>	12:15 - 13:00 Total Sculpt <i>Studio 2 - Louise BB</i>	12:15 - 13:00 Total Sculpt <i>Studio 2 - Hooma BB</i>	12:15 - 13:00 Zumba® <i>Studio 2 - Laurie (R)</i>	13:05 - 14:05 Pilates – Ball <i>Studio 2 - Orsola</i>	12:15 - 13:00 Qi Gong/Chi Kung <i>Studio 2 - Christine D. BB</i>	

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Group Fitness - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:30 - 18:15 Cycling (8 yrs + with parents) <i>Studio 1B - Evelyn</i> BB(R)	18:00 - 18:30 Step <i>Studio 2 - Cheryl</i>	17:30 - 18:15 Total Sculpt <i>Studio 2 - Sabrina</i> BB	17:35 - 18:25 Total Sculpt <i>Studio 2 - Karine/Afrodite</i> BB	17:30 - 18:30 Belly Dancing <i>Studio 2 - Leila N.</i>		
17:30 - 18:15 POUND® <i>Studio 2 - Line</i>	18:30 - 19:15 Cycling (8 yrs + with parents) <i>Studio 1B - Patricia</i> BB(R)	18:20 - 19:10 Cardio-Dance <i>Studio 2 - Mia</i>	18:15 - 19:00 Family Zumba® (0-11 yrs with parents) <i>Studio 3 - Soumia</i> BB	18:35 - 19:30 Cardio-Choreo <i>Studio 2 - Fatiha</i>		
17:30 - 18:15 Cycling <i>Studio 1B - Evelyn</i>	18:30 - 19:15 Pilates <i>Studio 3 - Nadine</i>	18:30 - 19:15 HIIT Cycling <i>Studio 1B - Maggie</i> (R)	18:30 - 19:25 Step <i>Studio 2 - Pierre</i>	19:35 - 20:35 Vinyasa Yoga <i>Studio 2 - Jaime</i>		
18:30 - 19:15 HIIT Cycling <i>Studio 1B - Maya</i> (R)	18:30 - 19:15 Cycling <i>Studio 1B - Patricia</i>	19:15 - 20:15 Zumba® <i>Studio 3 - Laurie</i> (R)	19:30 - 20:30 Pilates (8 yrs + with parents) <i>Studio 3 - Hooma</i> BB			
18:30 - 19:30 Yoga <i>Studio 2 - Victoria</i>	18:35 - 19:10 Cardio-Box <i>Studio 2 - Cheryl</i>	19:20 - 20:05 Total Sculpt <i>Studio 2 - À venir / TBA</i>	19:30 - 20:30 Pilates <i>Studio 3 - Hooma</i>			
18:30 - 19:10 Family Zumba® (0-11 yrs with parents) <i>Studio 3 - Soumia</i> BB	19:15 - 20:00 Bootcamp <i>Studio 2 - Boyana/Camille</i>		19:35 - 20:30 Bootcamp <i>Studio 2 - Marie-Eve</i>			
19:15 - 20:15 Zumba® <i>Studio 3 - Rosario</i> (R)	19:20 - 20:20 Yoga <i>Studio 3 - Nadine</i>					
19:35 - 20:35 Cardio-Belly Dancing <i>Studio 2 - Abeer</i>						

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Group Fitness - old - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	08:15 - 08:55 Sculpt 'n Pilates <i>Studio 2 - Jenny</i>	08:15 - 08:55 PLYOGA® <i>Studio 2 - Jenny</i>			10:00 - 11:00 Aero-Step-Toning <i>Studio 2 - Jenny</i>	

Fitness and Aquatic Activities - Small Group Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 - 13:00 Functional Training <i>Functional Training Room - Luce</i> BB / \$N	17:00 - 18:00 Pilates Ring <i>Functional Training Room - Orsola</i> /\$	12:00 - 13:00 Functional Training <i>Functional Training Room - Luce</i> BB / \$N	17:00 - 18:00 Myofascial Massage <i>Functional Training Room - Hooma</i> /\$		12:15 - 13:15 Myofascial Massage <i>Functional Training Room - Hooma</i> /\$	
18:15 - 19:15 TRX® Circuit <i>Functional Training Room - Penny</i> /\$	18:15 - 19:15 Extreme Workout <i>Functional Training Room - Marie-Eve</i> /\$	19:00 - 20:00 TRX® Circuit <i>Functional Training Room - Debbie</i> /\$	18:15 - 19:15 TRX® Introduction <i>Functional Training Room - Penny</i> /\$			

Aquatics - Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:05 - 09:55 Aquafit <i>Pool - À venir / TBA</i> ②	11:05 - 11:55 Aquafit <i>Pool - Leina</i> ②	09:05 - 09:55 Aquafit <i>Pool - Martine</i> ②	11:05 - 11:55 Aquafit <i>Pool - Maria</i> ②	09:05 - 09:55 Aqua Cardio <i>Pool - Josée</i> ②	09:05 - 09:55 Aqua Cardio <i>Pool - Sonia</i> ②	
11:05 - 11:55 Aqua Zumba <i>Pool - Laurie</i> ②	17:35 - 18:25 Aqua Interval <i>Pool - Martine</i> ②	11:05 - 11:55 Aquafit <i>Pool - Martine</i> ②		11:05 - 11:55 Aquafit <i>Pool - Martine</i> ②		
18:05 - 18:55 Aqua Zumba <i>Pool - Laurie</i> ②		18:05 - 18:55 Aqua Cardio <i>Pool - Catherine</i> ②				

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Aquatics - Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
06:30 - 07:30 ⑤	07:00 - 08:00 ⑤	06:30 - 07:30 ⑤	07:00 - 08:00 ⑤	06:30 - 09:00 ⑤	08:00 - 09:00 ④	08:00 - 08:55 ⑤
07:30 - 09:00 ⑤	08:00 - 09:30 ③	12:00 - 13:00 ⑤	08:00 - 09:30 ③	09:00 - 12:00 ②	09:00 - 09:55 ②	16:00 - 19:25 ②
09:00 - 12:00 ②	09:30 - 12:00 ②	20:30 - 22:00 ②	09:30 - 12:00 ②	12:00 - 13:00 ⑤	16:30 - 20:00 ②	
12:00 - 13:00 ⑤	12:00 - 14:00 ⑤		12:00 - 14:00 ⑤	14:00 - 15:30 ②		
13:00 - 14:00 ②	18:30 - 20:30 ③		13:00 - 15:30 ②	20:00 - 22:00 ②		
15:05 - 16:00 ⑤	20:30 - 22:00 ②		16:30 - 18:30 ②			
16:00 - 20:30 ②			18:30 - 20:30 ③			
20:30 - 22:00 ②						

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Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00 - 10:00 Recreational Pool ②	08:00 - 09:30 Pool / Recreational Pool ③	08:00 - 10:00 Recreational Pool ②	08:00 - 09:30 Pool / Recreational Pool ③	08:00 - 09:00 Recreational Pool ②	14:00 - 16:30 Pool / Recreational Pool ☼	08:00 - 08:55 Recreational Pool ⑤
11:00 - 12:00 Family Open Swim (For all ages) Recreational Pool	09:30 - 10:00 Pool / Recreational Pool ②	11:00 - 12:00 Family Open Swim (For all ages) Recreational Pool	09:30 - 10:00 Pool / Recreational Pool ②	09:00 - 10:00 Recreational Pool ②	19:00 - 20:00 Recreational Pool ②	13:30 - 15:30 Pool / Recreational Pool ☼
12:00 - 13:00 Recreational Pool ⑤	12:00 - 14:00 Recreational Pool ⑤	12:00 - 13:00 Recreational Pool ⑤	12:00 - 14:00 Recreational Pool ⑤	11:00 - 12:00 Family Open Swim (For all ages) Recreational Pool		15:30 - 16:30 Pool / Recreational Pool ②
13:00 - 14:00 Recreational Pool ③	15:30 - 16:30 Pool / Recreational Pool ②	13:00 - 14:00 Recreational Pool ③	15:30 - 16:30 Pool / Recreational Pool ②	12:00 - 13:00 Recreational Pool ⑤		19:00 - 20:00 Recreational Pool ②
14:05 - 15:05 Open Swim (City) 50 + Pool / Recreational Pool ②	16:30 - 17:30 Pool / Recreational Pool ②	14:05 - 15:05 Open Swim (City) 50 + Pool / Recreational Pool ②	16:30 - 18:30 Pool / Recreational Pool ②	13:00 - 14:00 Pool / Recreational Pool ②		
15:05 - 16:00 Recreational Pool ⑤	17:30 - 18:30 Family Open Swim (For all ages) Recreational Pool	15:05 - 16:00 Recreational Pool ⑤	18:30 - 20:30 Pool / Recreational Pool ③	14:00 - 15:25 Pool / Recreational Pool ②		
19:30 - 20:30 Family Open Swim (For all ages) Recreational Pool	18:30 - 20:30 Pool / Recreational Pool ③	20:30 - 22:00 Pool ②		15:25 - 16:25 Pool / Recreational Pool ②		
20:30 - 22:00 Pool ②				20:00 - 21:00 Pool / Recreational Pool ②		

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21:00 - 22:00

Pool



Sports and Recreation - Sports

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18:00 - 18:50 Open Basketball (16+) Gym 1 & 2	20:45 - 22:15 Open Basketball (16+) Gym 2	17:30 - 19:00 Open Soccer (16+) Gym 1 & 2 (R)	17:30 - 19:00 Open Soccer (18+) Gym 1 & 2 (R)	20:30 - 22:15 Open Basketball (18+) Gym 1 & 2	16:00 - 17:45 Open Cosom Hockey (18+) Gym 2	12:00 - 13:20 Open Badminton Gym 2 ✍
		20:15 - 21:45 Ping Pong (16+) Ahuntsic Cartierville Room ④			17:00 - 19:00 Ping Pong (16+) Ahuntsic Cartierville Room ④	12:00 - 13:20 Open Volleyball (16+) Gym 1 (R)
					18:00 - 20:15 Open Volleyball (16+) Gym 2 (R)	17:00 - 20:00 Open Badminton Gym 1 & 2 ✍
					18:00 - 20:15 Open Volleyball (16+) Gym 1 (R)	

Sports and Recreation - Open Gym



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15:45 - 16:45 Open Gym Gym 2	11:15 - 12:55 Open Gym Gym 2	12:15 - 14:55 Open Gym Gym 2	11:15 - 15:00 Open Gym Gym 2	12:00 - 14:00 Open Gym Gym 2	16:00 - 17:45 Open Gym Gym 1	
17:00 - 17:50 Open Gym Gym 1	15:00 - 16:30 Open Gym Gym 2	16:30 - 17:20 Open Gym Gym 1	15:15 - 17:20 Open Gym Gym 2	15:00 - 17:25 Open Gym Gym 2		

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Fitness and Aquatic Activities - Parent & Baby / Family Activities

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17:00 - 17:50 Family Open Gym (0-12 yrs with parents) <i>Gym 2</i> BB	17:45 - 18:30 Family POUND® (0-11 yrs with parents) <i>Studio 3 - Line</i> BB	16:30 - 17:20 Family Open Gym (0-12 yrs with parents) <i>Gym 2</i> BB			10:15 - 11:00 Family Bootcamp (0-11 yrs with parents) <i>Studio 3 / Gym - Stefania</i> BB	10:30 - 11:50 Family Open Gym (0-12 yrs with parents) <i>Gym 1</i> BB
		18:30 - 19:10 Family STRONG by Zumba® (0- 11 yrs + with parents) <i>Studio 3 - Linda</i> BB			10:30 - 12:45 Family Open Gym (0-12 yrs with parents) <i>Gym 1</i> BB	11:15 - 12:00 Family PLYOGA® (0-11 yrs + with parents) <i>Studio 2 - Violaine</i> BB

Youth Activities (12 years +)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	16:30 - 18:30 Teen Night <i>Gym 1 & 2</i> 			17:30 - 20:30 Teen Night <i>Gym 1 & 2</i> 		
				18:30 - 20:00 Dance for Teens <i>Studio 3 - Desire</i>		

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