

Print date: 2025-09-08

Fall 2019

From 2019-09-09 to 2019-12-22

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

Monday, October 13 (Thanksgiving Day): no Group Fitness

August 25 to September 14, 2025: Pool closed

August 25 to September 14, 2025

OPENING HOURS

POOL CLOSURE

Group Fitness - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:15 - 08:10 Yoga Studio 2 - Claire	09:05 - 09:50 Cardio-Dance Studio 2 - Andrea	07:15 - 08:10 Yoga Studio 2 - Jean-Paul	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 - 09:45 Cycling Studio 1B - Mootaz (R)
08:30 - 09:30 Cardio-Dance Studio 2 - Wanda	10:00 - 10:55 Gentle Toning Studio 2 - Jenny	08:15 - 08:55 Total Sculpt Studio 2 - Jenny	09:05 - 09:50 Cardio-Choreo Studio 2 - Leina	09:30 - 10:15 Cycling Studio 1B - Maggie/Serge (R)	10:00 - 11:00 Endurance Cycling Studio 1B - François (R)	09:00 - 10:00 Power Yoga Studio 2 - Shirley/Maggie
10:00 - 11:00 Yogalates Studio 3 - Leila G.		09:05 - 10:00 Zumba® Studio 2 - Carla (R)	10:00 - 10:55 Gentle Toning Studio 2 - Julie/Jenny	10:05 - 11:05 Essentrics® Studio 2 - Louise		10:10 - 11:10 Pilates Studio 2 - Hooma
10:05 - 10:55 Gentle Stretching Studio 2 - Pari BB		10:05 - 10:55 Gentle Stretching Studio 2 - Isabel BB				10:15 - 11:15 Zumba® Studio 3 - Rosario (R)

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

| 📅 Reservation cards are available at the reception desk 20 minutes before the class | 📱 Online reservation | 💰 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 - 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 / Andrea (R)</i>	11:00 - 12:15 Yoga – Meditation <i>Studio 3 - Nadine</i>	11:05 - 12:05 Ballroom <i>Studio 2 - Linda</i>	11:15 - 12:45 Line Dance <i>Studio 2 - Linda/Sun</i>	11:10 - 11:55 Core Strength & Abs <i>Studio 2 - Sabrina</i>	
12:00 - 12:45 Cycling <i>Studio 1B - Serge (R)</i>	12:00 - 13:00 Yoga <i>Studio 3 - Victoria</i>	12:00 - 12:45 Cycling <i>Studio 1B - Patricia BB (R)</i>	12:00 - 13:00 Yoga <i>Studio 3 - Jaime</i>	12:00 - 12:45 Cycle'n Pilates <i>Studio 1B - Orsola (R)</i>	12:20 - 13:00 Tai Chi <i>Studio 2 - Wendy</i>	
12:15 - 13:00 STRONG Nation® <i>Studio 2 - Laurie</i>	12:00 - 13:00 Power Yoga <i>Studio 3 - Victoria</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>	13:05 - 13:50 Tai Chi - Fan <i>Studio 2 - Wendy</i>	
	12:15 - 13:00 Core Strength & Abs <i>Studio 2 - Louise D.</i>					

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Group Fitness - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:30 - 18:15 POUND® <i>Studio 2 - Line</i>	18:00 - 18:30 Step <i>Studio 2 - Cheryl</i>	17:30 - 18:15 Core Strength & Abs <i>Studio 2 - Carmen</i>	17:35 - 18:25 Total Sculpt <i>Studio 2 - Benoit/Lama BB</i>	17:40 - 18:40 Belly Dancing <i>Studio 2 - Leila N.</i>		
17:30 - 18:15 Cycle'n Yoga <i>Studio 1B - Maggie BB</i>	18:30 - 19:15 Pilates <i>Studio 3 - Nadine</i>	18:20 - 19:05 Cardio-Dance <i>Studio 2 - Mia</i>	18:30 - 19:15 Family Zumba® (0-11 yrs with parents) <i>Studio 3 - Soumia BB</i>	18:45 - 19:30 HIIT <i>Studio 2 - Fatiha</i>		
18:30 - 19:15 HIIT Cycling <i>Studio 1B - Maggie (R)</i>	18:35 - 19:10 Cardio-Box <i>Studio 2 - Cheryl</i>	18:30 - 19:15 HIIT Cycling <i>Studio 1B - Bassam (R)</i>	19:35 - 20:30 Bootcamp <i>Studio 2 - Marie-Eve</i>	19:35 - 20:35 Yoga <i>Studio 2 - Leila/Jaime</i>		
18:30 - 19:10 Core Strength & Abs <i>Studio 3 - Naouel</i>	19:15 - 20:00 Bootcamp <i>Studio 2 - Boyana/Lama</i>	19:15 - 20:15 Zumba® <i>Studio 3 - Laurie (R)</i>				
18:30 - 19:30 Yoga <i>Studio 2 - Victoria</i>	19:20 - 20:20 Yoga <i>Studio 3 - Nadine</i>	19:20 - 20:05 PILOXING Knockout® <i>Studio 2 - Bassam</i>				
19:15 - 20:15 Zumba® <i>Studio 3 - Rosario (R)</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 Studio 2 - Jenny				10:00 - 11:00 Aero-Step-Toning Studio 2 - Jenny	
	09:15 - 10:00 Cycling (8 yrs+) (8+) Studio 1B - Cathy BB(R)					

Group Fitness - old - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					12:00 - 12:15 Tai Chi Introduction Studio 2 - Wendy	

Group Fitness - old - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			18:30 - 19:15 PLYOGA® Studio 2 - Lama			
			19:30 - 20:30 Pilates (8 yrs+) (8+) Studio 3 - Hooma BB			

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Fitness and Aquatic Activities - Small Group Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 - 13:00 Cross Training <i>Functional</i> Training Room - Luce BB / \$	18:00 - 19:00 Cross Training <i>Functional</i> Training Room - Marie-Eve BB / \$	07:00 - 08:00 Cross Training <i>Functional</i> Training Room - Luce BB / \$	17:45 - 18:30 Aqua Cross Training 19 September - 22 December Pool - <i>Samy</i> / \$			
18:00 - 19:00 TRX® Tabata <i>Functional</i> Training Room - Penny / \$			18:00 - 19:00 Mobility and performance <i>Functional</i> Training Room - Jean-Paul BB / \$			

Aquatics - Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:05 - 09:55 Aquafit 16 September - 22 December Pool - <i>Dina</i> ②	11:05 - 11:55 Aqua Cardio 16 September - 22 December Pool - <i>Martine</i> ②	09:05 - 09:55 Aqua Cardio 16 September - 22 December Pool - <i>Martine</i> ②	11:05 - 11:55 Aquafit 16 September - 22 December Pool - <i>Maria A.</i> ②	09:05 - 09:55 Aquafit 16 September - 22 December Pool - <i>Martine</i> ②	09:05 - 09:55 Aqua Cardio 16 September - 22 December Pool - <i>Sonia</i> ②	
11:05 - 11:55 Aqua Zumba 16 September - 22 December Pool - <i>Laurie</i> ②	17:35 - 18:25 Aqua Bootcamp 16 September - 22 December Pool - <i>Gayle</i> ②	11:05 - 11:55 Aquafit 16 September - 22 December Pool - <i>Martine</i> ②		11:05 - 11:55 Aqua core 16 September - 22 December Pool - <i>Isabel</i> ②		
18:05 - 18:55 Aqua Cardio 16 September - 22 December Pool - <i>Isabel</i> ②		18:05 - 18:55 Aqua Bootcamp 16 September - 22 December Pool - <i>Mirna</i> ②				

Intensity : Low 🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | ⚙️ Outdoor Classes | BB Baby friendly | ✍️ Registration required | \$ Additional payment required

| 📅 Reservation cards are available at the reception desk 20 minutes before the class | 📱 Online reservation | 💵 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.

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 ⑤ ☼	08:00 - 08:55 ⑤
07:30 - 09:00 ⑤	08:00 - 09:30 ③ ☼	07:30 - 09:00 ⑤	08:00 - 09:30 ③ ☼	09:00 - 12:00 ②	09:00 - 09:55 ②	16:00 - 19:55 ②
09:00 - 12:00 ②	09:30 - 12:00 ②	09:00 - 12:00 ②	09:30 - 12:00 ②	12:00 - 13:00 ⑤	16:30 - 19:55 ②	
12:00 - 13:00 ⑤ ☼	12:00 - 14:00 ⑤	12:00 - 13:00 ⑤ ☼	12:00 - 14:00 ⑤	13:00 - 14:00 ② ☼		
13:00 - 14:00 ②	15:30 - 16:30 ② ☼	13:00 - 14:00 ③	15:30 - 16:30 ② ☼	14:00 - 15:30 ③		
15:15 - 17:00 ③	16:30 - 18:30 ②	15:15 - 16:00 ⑤	16:30 - 18:30 ③	15:30 - 16:20 ② ☼		
17:00 - 20:30 ②	18:30 - 20:30 ③ ☼	16:00 - 20:30 ②	18:30 - 20:30 ③ ☼	20:30 - 21:55 ② ☼		
20:30 - 21:55 ② ☼	20:30 - 21:55 ②	20:30 - 21:55 ② ☼	20:30 - 21:55 ②			

Intensity : Low 🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | ⚙ Outdoor Classes | BB Baby friendly | ✍ Registration required | \$ Additional payment required | 📅 Reservation cards are available at the reception desk 20 minutes before the class | 📱 Online reservation | \$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.

Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:00 - 09:00 Recreational Pool ⑤	08:00 - 09:30 Pool / Recreational Pool ③ ☼	08:00 - 09:00 Recreational Pool ②	08:00 - 09:30 Pool / Recreational Pool ③ ☼	06:30 - 09:00 Recreational Pool ⑤ ☼	14:30 - 16:25 Pool / Recreational Pool ☼	08:00 - 08:55 Recreational Pool ⑤
09:00 - 10:00 Recreational Pool ②	09:30 - 10:00 Pool / Recreational Pool ②	09:00 - 10:00 Recreational Pool ②	09:30 - 10:00 Pool / Recreational Pool ②	09:00 - 10:00 Recreational Pool ②	19:00 - 19:55 Recreational Pool ②	13:30 - 15:55 Pool / Recreational Pool ☼
10:00 - 11:00 Family Open Swim Recreational Pool ②	12:00 - 14:00 Recreational Pool ⑤	11:00 - 12:00 Recreational Pool ②	11:00 - 12:00 Recreational Pool ②	11:00 - 12:00 Family Open Swim Recreational Pool ②		16:00 - 19:00 Family Open Swim Recreational Pool ②
11:00 - 12:00 Recreational Pool ②	15:30 - 16:30 Pool / Recreational Pool ② ☼	11:00 - 12:00 Family Open Swim Recreational Pool ②	12:00 - 14:00 Recreational Pool ⑤	12:00 - 13:00 Recreational Pool ⑤		19:00 - 19:55 Pool / Recreational Pool ②
12:00 - 13:00 Recreational Pool ⑤ ☼	16:30 - 17:30 Pool / Recreational Pool ②	12:00 - 13:00 Recreational Pool ⑤ ☼	15:30 - 16:30 Pool / Recreational Pool ② ☼	13:00 - 14:00 Pool / Recreational Pool ② ☼		
13:00 - 14:00 Recreational Pool ②	16:30 - 17:30 Family Open Swim Recreational Pool ②	13:00 - 14:00 Recreational Pool ③	16:30 - 18:30 Pool / Recreational Pool ③	14:00 - 15:30 Pool / Recreational Pool ③		
14:05 - 15:15 Open Swim (City) 50 + (50+) Pool / Recreational Pool ② ☼	18:30 - 20:30 Pool / Recreational Pool ③ ☼	14:05 - 15:15 Open Swim (City) 50 + (50+) Pool / Recreational Pool ② ☼	18:30 - 20:30 Pool / Recreational Pool ③ ☼	15:30 - 16:20 Pool / Recreational Pool ② ☼		
15:15 - 17:00 Pool / Recreational Pool ③		15:15 - 16:00 Recreational Pool ⑤		20:30 - 21:55 Pool / Recreational Pool ② ☼		
19:30 - 20:30 Family Open Swim Recreational Pool ②		20:30 - 21:55 Pool ② ☼				

Intensity : Low 🔥🔥 | Moderate 🔥🔥🔥 | High 🔥🔥🔥 | ☼ Outdoor Classes | BB Baby friendly | ✍ Registration required | \$ Additional payment required
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20:30 - 21:55

Pool



Sports and Recreation - Sports

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13:30 - 15:00 Pickleball Gym 2	20:45 - 22:15 Open Basketball (16+) Gym 2	17:30 - 19:00 Open Soccer (16+) Gym 1 & 2	17:30 - 19:00 Open Soccer (18+) Gym 1 & 2	13:30 - 15:00 Pickleball Gym 2	13:15 - 15:30 Open Badminton Gym 1 & 2 ✍	12:00 - 13:20 Open Badminton Gym 2 ✍
18:00 - 18:50 Open Basketball (16+) Gym 1 & 2		20:15 - 21:45 Ping Pong (16+) Ahuntsic Cartierville Room	20:30 - 22:15 Open Badminton Gym 2 ✍	20:30 - 22:15 Open Basketball (18+) Gym 1 & 2	15:30 - 17:45 Open Badminton (12+) Gym 2 ✍	12:00 - 13:20 Open Volleyball (16+) Gym 1 (R)
					17:00 - 19:00 Ping Pong (16+) Ahuntsic Cartierville Room	17:00 - 20:00 Open Badminton Gym 1 & 2 ✍
					18:00 - 20:15 Open Volleyball (16+) Gym 2 (R)	
					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 (12+) Gym 2	11:15 - 12:55 Open Gym (12+) Gym 2	12:15 - 14:55 Open Gym (12+) Gym 2	11:15 - 12:55 Open Gym (12+) Gym 2	12:00 - 13:20 Open Gym (12+) Gym 2	15:30 - 17:45 Open Gym (12+) Gym 1	
17:00 - 17:50 Open Gym (12+) Gym 1	15:00 - 16:30 Open Gym (12+) Gym 2		15:15 - 17:20 Open Gym (12+) Gym 2			

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Fitness and Aquatic Activities - Parent & Baby / Family Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:00 - 17:50 Family Open Gym Gym 2 \$N	09:15 - 10:00 Cycling (8 yrs+) (8+) Studio 1B - Cathy BB (R)	16:30 - 17:20 Family Open Gym Gym 2 \$N	19:30 - 20:30 Pilates (8 yrs+) (8+) Studio 3 - Hooma BB		10:15 - 11:00 Family Bootcamp (0-11 yrs with parents) Studio 3 - Stefania BB	10:30 - 11:45 Family Open Gym Gym 2 \$N
	17:45 - 18:25 Family STRONG by Zumba® (0- 11 yrs with parents) Studio 3 - Yvette BB				10:30 - 12:45 Family Open Gym Gym 2 \$N	11:15 - 12:00 Family PLYOGA® (0-11 years with parents) Studio 2 - Violaine BB

Youth Activities (12 years +)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	16:30 - 18:30 Teen Night Gym 1 & 2			17:30 - 20:30 Teen Night Gym 1 & 2		
				18:30 - 20:00 Dance for Teens Studio 3 - À venir / TBA		

Children's activities (0-12 years)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				15:45 - 16:30 Multisport 6-7 years old (5-8 yrs) 13 September - 1 November Gym 2 - À venir / TBA / \$	11:00 - 11:45 Jr. NBA (5-8 yrs) 14 September - 16 November Gym 1 - À venir / TBA / \$	

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