

Print date: 2022-08-17

Summer 2022

From 2022-06-20 to 2022-09-04

OPENING HOURS

Monday - Friday: 6:45 am - 9 pm

Saturday - Sunday: 7:45 am - 5 pm

HOLIDAYS

June 24 and July 1. No group classes including aquafitness.

Group Fitness - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
08:45 - 09:45 Aero-Dance Studio 2 - Wanda <input type="checkbox"/>	08:45 - 09:30 Outdoor Walking Reception - Anne <input type="checkbox"/>	09:00 - 10:00 Zumba® Studio 2 - Yvette <input type="checkbox"/>	08:30 - 09:30 Pilates Studio 2 - Orsola <input type="checkbox"/>	08:45 - 09:30 Outdoor Walking Reception - Pari <input type="checkbox"/>	08:45 - 09:45 Tai chi Studio 3 - Wendy <input type="checkbox"/>	10:00 - 11:00 Zumba® Studio 2 - Rosario <input type="checkbox"/>
10:15 - 11:00 Gentle Stretching Studio 2 - Pari ●	10:00 - 10:45 Gentle Toning Studio 2 - Jenny ●	10:30 - 11:30 Yoga Studio 2 - Nadine <input type="checkbox"/>	10:00 - 10:50 Total Sculpt Studio 2 - Jenny <input type="checkbox"/>	10:00 - 11:00 Essentrics Studio 2 - Louise <input type="checkbox"/>	10:05 - 10:50 Total Sculpt Studio 3 - Jenny ◆	

Group Fitness - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:15 - 12:00 Cycling Studio 1B - Cathy / Patricia ✂ <input type="checkbox"/>	12:00 - 13:00 Pilates Studio 2 - Hooma <input type="checkbox"/>	12:00 - 12:45 Strength and mobility Studio 2 - Jenny <input type="checkbox"/>	12:00 - 12:45 Core Strength & Abs Studio 2 - Hooma <input type="checkbox"/>		11:15 - 12:00 Cycling Studio 1B - Bassam ✂ ◆	11:15 - 12:15 Power yoga Studio 3 - Maggie <input type="checkbox"/>
					12:15 - 13:00 Core Strength & Abs Studio 3 - Fatiha <input type="checkbox"/>	

Group Fitness - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:45 - 18:30 Cycling Studio 1B - Maggie ✂ <input type="checkbox"/>	18:00 - 18:45 Aerobox Studio 3 - Cheryl ◆	18:00 - 18:45 Total Sculpt Studio 2 - Carmen <input type="checkbox"/>	18:00 - 18:45 Bootcamp Studio 2 - Fabienne <input type="checkbox"/>	18:00 - 19:00 Belly Dancing Studio 2 - Leila N. <input type="checkbox"/>		
18:45 - 19:45 PILOXING Knockout® Studio 3 - Bassam ◆	19:00 - 19:30 Step Toning Studio 3 - Cheryl ◆	18:45 - 19:30 Cycling Studio 1B - Paulo / Louise ✂ <input type="checkbox"/>	18:45 - 19:45 PILOXING Knockout® Studio 3 - Bassam ◆			
19:00 - 20:00 Zumba® Studio 2 - Preetha / Laurie <input type="checkbox"/>	19:00 - 20:00 Yoga Studio 2 - Nadine <input type="checkbox"/>	19:15 - 20:15 Aero-Belly Dancing Studio 3 - Abeer <input type="checkbox"/>	19:45 - 20:45 Yoga Studio 2 - Jean-Paul <input type="checkbox"/>			

Health and fitness - Small Group Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18:00 - 19:00 Cross Training (18+) Functional Training Room - Penny / \$ □		07:00 - 08:00 Cross Training (18+) Functional Training Room - Marie-Eve / \$ □	18:00 - 19:00 Cross Training (18+) Functional Training Room - Penny / \$ □	12:00 - 13:00 Cross Training (18+) Functional Training Room - Marie-Eve / \$ □		
		18:00 - 19:00 Pilates Fusion (18+) Functional Training Room - Orsola / \$ □				

Aquatics - Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 - 10:45 Aqua arthritis Helen □	11:00 - 11:50 Aquafit Pool - Maria □	09:00 - 09:50 Aquafit Pool - Yassine □	11:00 - 11:50 Aquafit Pool - Gayle □	11:00 - 11:50 Aquafit Pool - Maria □	09:00 - 09:50 Aquafit Pool - À venir / TBA □	
11:00 - 11:50 Aquafit Pool - Helen □		11:00 - 11:50 Aquafit Pool - Ben □				
18:00 - 18:50 Aquafit Pool - Ben □		18:00 - 18:50 Aquafit Pool - Gayle □				

Aquatics - Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 - 09:00 ④ □	07:00 - 09:00 ④ ☼ □	07:00 - 09:00 ④ □	07:00 - 09:00 ④ ☼ □	07:00 - 08:55 ④ □	08:00 - 08:55 ④ □	08:00 - 08:55 ④ ☼ □
09:00 - 09:55 ④ ☼ □	09:00 - 10:00 ④ □	09:00 - 10:00 ② □	09:00 - 10:00 ④ □	09:00 - 10:55 ④ ☼ □	15:00 - 16:55 ② □	15:00 - 16:55 ② □
10:00 - 10:55 ② □	10:00 - 10:55 ② □	10:00 - 10:55 ④ ☼ □	10:00 - 10:55 ② □	12:00 - 12:55 ④ □		
12:00 - 12:55 ④ □	12:00 - 12:55 ④ ☼ □	12:00 - 12:55 ④ □	12:00 - 12:55 ④ ☼ □	15:00 - 17:00 ② □		
15:00 - 17:00 ② □	15:00 - 17:00 ② □	15:00 - 17:00 ② □	15:00 - 17:00 ② □	20:00 - 20:55 ④ □		
17:00 - 17:55 ③ □	17:00 - 17:55 ④ □	17:00 - 17:55 ③ □	17:00 - 17:55 ④ □			
19:00 - 20:00 ④ ☼ □	20:00 - 20:55 ④ ☼ □	19:00 - 20:00 ④ ☼ □	20:00 - 20:55 ④ ☼ □			
20:00 - 20:55 ④ □		20:00 - 20:55 ④ □				

Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 - 09:00 Recreational Pool <input type="checkbox"/>	09:00 - 09:55 Recreational Pool <input type="checkbox"/>	07:00 - 09:00 Recreational Pool <input type="checkbox"/>	09:00 - 10:00 Recreational Pool <input type="checkbox"/>	07:00 - 08:55 Recreational Pool <input type="checkbox"/>	08:00 - 08:55 Recreational Pool <input type="checkbox"/>	13:00 - 14:55 Pool / Recreational Pool ② BB <input type="checkbox"/>
10:00 - 12:55 Recreational Pool <input type="checkbox"/>	15:00 - 17:00 Recreational Pool <input type="checkbox"/>	09:00 - 10:00 Recreational Pool <input type="checkbox"/>	15:00 - 17:00 Recreational Pool <input type="checkbox"/>	12:00 - 12:55 Recreational Pool <input type="checkbox"/>	13:00 - 14:55 Pool / Recreational Pool ② BB <input type="checkbox"/>	
13:00 - 14:55 Open Swim (City) 50 + (50+) Pool / Recreational Pool ② <input type="checkbox"/>	18:00 - 19:55 Pool / Recreational Pool ② BB <input type="checkbox"/>	12:00 - 12:55 Recreational Pool <input type="checkbox"/>	18:00 - 19:55 Pool / Recreational Pool ② BB <input type="checkbox"/>	15:00 - 17:00 Recreational Pool <input type="checkbox"/>		
15:00 - 17:00 Recreational Pool <input type="checkbox"/>		13:00 - 14:55 Open Swim (City) 50 + (50+) Pool / Recreational Pool ② <input type="checkbox"/>		20:00 - 20:55 Recreational Pool <input type="checkbox"/>		
17:00 - 17:55 Family Open Swim (For all ages) Pool / Recreational Pool ③ BB <input type="checkbox"/>		15:00 - 17:00 Recreational Pool <input type="checkbox"/>				
20:00 - 20:55 Recreational Pool <input type="checkbox"/>		17:00 - 17:55 Family Open Swim (For all ages) Pool / Recreational Pool ③ BB <input type="checkbox"/>				
		20:00 - 20:55 Recreational Pool <input type="checkbox"/>				

Health and fitness - Sports and Recreation

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:30 - 10:30 Open Gym (16+) Gym 2 <input type="checkbox"/>	09:30 - 10:30 Open Gym (16+) Gym 2 <input type="checkbox"/>	09:30 - 10:30 Open Gym (16+) Gym 2 <input type="checkbox"/>	09:30 - 10:30 Open Gym (16+) Gym 2 <input type="checkbox"/>	09:30 - 10:30 Open Gym (16+) Gym 2 <input type="checkbox"/>	13:30 - 14:50 Open Basketball (16+) Gym 1 & 2 <input type="checkbox"/>	09:00 - 12:00 Open Badminton (16+) Gym 1 & 2 <input type="checkbox"/>
09:30 - 10:30 Open Gym (12+) Gym 2 <input type="checkbox"/>	09:30 - 10:30 Open Gym (12+) Gym 2 <input type="checkbox"/>	09:30 - 10:30 Open Gym (12+) Gym 2 <input type="checkbox"/>	09:30 - 10:30 Open Gym (12+) Gym 2 <input type="checkbox"/>	09:30 - 10:30 Open Gym (12+) Gym 2 <input type="checkbox"/>	15:00 - 16:50 Open Badminton (16+) Gym 1 & 2 <input type="checkbox"/>	09:00 - 12:00 Ping Pong (16+) Ahuntsic Cartierville Room <input type="checkbox"/>
12:00 - 13:30 Open Gym (16+) Gym 2 <input type="checkbox"/>	12:00 - 14:20 Open Badminton (16+) Gym 2 <input type="checkbox"/>	12:00 - 13:20 Open Gym (16+) Gym 2 <input type="checkbox"/>	12:00 - 14:20 Open Badminton (16+) Gym 2 <input type="checkbox"/>	12:00 - 14:20 Open Badminton (16+) Gym 2 <input type="checkbox"/>		12:30 - 13:50 Open Volleyball (16+) Gym 1 <input type="checkbox"/>
12:00 - 13:30 Open Gym (12+) Gym 2 <input type="checkbox"/>	16:00 - 18:50 Open Gym (12+) Gym 1 & 2 <input type="checkbox"/>	12:00 - 13:20 Open Gym (12+) Gym 2 <input type="checkbox"/>	16:00 - 17:20 Open Gym (16+) Gym 1 <input type="checkbox"/>	16:00 - 18:50 Open Gym (12+) Gym 1 & 2 <input type="checkbox"/>		14:00 - 16:50 Open Gym (16+) Gym 1 <input type="checkbox"/>
16:00 - 18:20 Open Badminton (16+) Gym 1 & 2 <input type="checkbox"/>		16:00 - 18:20 Open Gym (16+) Gym 1 & 2 <input type="checkbox"/>	16:00 - 17:20 Open Gym (12+) Gym 1 & 2 <input type="checkbox"/>	19:00 - 20:50 Open Basketball (16+) Gym 2 <input type="checkbox"/>		14:00 - 16:50 Open Gym (12+) Gym 1 & 2 <input type="checkbox"/>
18:30 - 20:20 Open Basketball (16+) Gym 1 & 2 <input type="checkbox"/>		18:15 - 20:15 Ping Pong (16+) Ahuntsic Cartierville Room <input type="checkbox"/>	17:30 - 18:50 Open Soccer (16+) Gym 1 & 2 <input type="checkbox"/>			
		18:30 - 20:20 Open Badminton (16+) Gym 1 & 2 <input type="checkbox"/>				

Children's activities (0-12 years)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					10:30 - 11:25 Basketball 6–7 years – Level 1 9 July - 20 August <i>Gym 1</i> ✂️ \$ □	
					10:30 - 11:25 Soccer 6–7 years – Level 1 9 July - 20 August <i>Gym 2</i> ✂️ \$ □	
					11:30 - 12:25 Basketball 8–9 years – Level 1 9 July - 20 August <i>Gym 1</i> ✂️ \$ □	
					11:30 - 12:25 Soccer 8–9 years – Level 1 9 July - 20 August <i>Gym 2</i> ✂️ \$ □	
					12:30 - 13:25 Basketball 10–11 years – Level 1 9 July - 20 August <i>Gym 1</i> ✂️ \$ □	
					12:30 - 13:25 Soccer 10–11 years – Level 1 9 July - 20 August <i>Gym 2</i> ✂️ \$ □	