

Print date: 2020-06-03

## Spring 2020

From 2020-03-23 to 2020-06-14

OPENING HOURS

Week: 6:00 to 22:30 | Week-end : 7:00 to 20:30

### Group Fitness - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:15 - 08:15 Yoga Studio 2 - Claire □	08:15 - 08:55 Sculpt 'n Pilates Studio 2 - Jenny □	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 BB □	08:45 - 09:45 Power yoga Studio 2 - Maggie □	09:00 - 09:45 Cycling Studio 1B - Mootaz (R) □
08:30 - 09:30 Aero-Dance Studio 2 - Wanda □	09:05 - 09:50 Aero-Dance Studio 2 - Andrea □	08:15 - 08:55 Total Sculpt Studio 2 - Jenny BB □	09:05 - 09:50 Aerobics Studio 2 - Leina ●	09:30 - 10:15 Cycling Studio 1B - Serge (R) ◆	10:00 - 11:00 Endurance Cycling Studio 1B - François (R) ◆	09:00 - 10:00 Yoga Studio 2 - Shirley □
10:00 - 11:00 Yogalates Studio 3 - Leila G. □	09:15 - 10:00 Cycling (8 yrs+) (8+) Studio 1B - Cathy BB (R) □	09:05 - 10:00 Zumba® Studio 2 - Carla (R) □	10:00 - 10:55 Gentle Toning Studio 2 - Sun ●	10:05 - 11:05 Essentrics Studio 2 - Louise ●	10:00 - 11:00 Aero-Step-Toning Studio 2 - Jenny ◆	10:10 - 11:10 Pilates Studio 2 - Hooma □
10:05 - 10:55 Gentle Stretching Studio 2 - Pari BB □	10:00 - 10:55 Gentle Toning Studio 2 - Jenny ●	10:05 - 10:55 Gentle Stretching Studio 2 - Isabel BB □				10:15 - 11:15 Zumba® Studio 3 - Rosario (R) □

### Group Fitness - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:10 - 11:55 Step Toning Studio 2 - Leila G. ◆	11:10 - 11:55 Zumba® Studio 2 - Sun / Andrea (R) □	11:00 - 12:00 Yoga Studio 3 - Nadine □	11:05 - 12:05 Ballroom Dance Studio 2 - Linda ●	11:15 - 12:30 Line Dance Studio 2 - Sun □	11:10 - 11:55 Core Strength & Abs Studio 2 - Sabrina □	
12:00 - 12:45 Cycling Studio 1B - Serge (R) ◆	12:00 - 13:00 Power yoga Studio 3 - Victoria □	12:00 - 12:45 Cycling Studio 1B - Patricia BB (R) □	12:00 - 13:00 Yoga Studio 3 - Jaime □	12:00 - 12:45 Cycle 'n Pilates Studio 1B - Orsola (R) □	11:45 - 12:30 Cycling Studio 1B - Bassam (R) ◆	
12:15 - 13:00 STRONG by Zumba® Studio 2 - Yvette □	12:15 - 13:00 Core Strength & Abs Studio 2 - Louise D. □	12:15 - 13:00 Total Sculpt Studio 2 - Hooma BB □	12:15 - 13:00 Zumba® Studio 2 - Laurie (R) □	12:00 - 12:45 Cycle 'n Pilates Studio 1B - Orsola (R) □	12:00 - 13:00 Tai chi Studio 2 - Wendy □	
				13:05 - 14:05 Pilates - Ball Studio 2 - Orsola □		

**Group Fitness - Evening**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>17:30 - 18:15</b> <b>Cycle 'n Yoga</b> Studio 1B - Maggie BB <input type="checkbox"/>	<b>18:00 - 18:30</b> Step Studio 2 - Cheryl ◆	<b>17:30 - 18:15</b> Core Strength & Abs Studio 2 - Carmen <input type="checkbox"/>	<b>17:45 - 18:30</b> PLYOGA® Studio 2 - Lama BB <input type="checkbox"/>	<b>17:40 - 18:40</b> Belly Dancing Studio 2 - Leila N. <input type="checkbox"/>		
<b>17:30 - 18:15</b> POUND® Studio 2 - Line <input type="checkbox"/>	<b>18:30 - 19:15</b> Cycling Studio 1B - Paulo BB (R) <input type="checkbox"/>	<b>18:20 - 19:05</b> Aero-Dance Studio 2 - Mia <input type="checkbox"/>	<b>18:35 - 19:25</b> Total Sculpt Studio 2 - Lama BB <input type="checkbox"/>	<b>18:45 - 19:30</b> HIIT Studio 2 - Fatiha <input type="checkbox"/>		
<b>18:30 - 19:15</b> HIIT Cycling Studio 1B - Maggie (R) ◆	<b>18:30 - 19:15</b> Pilates Studio 3 - Nadine <input type="checkbox"/>	<b>18:30 - 19:15</b> HIIT Cycling Studio 1B - Zabelle (R) ◆	<b>19:35 - 20:30</b> Bootcamp Studio 2 - Marie-Eve ◆	<b>19:35 - 20:35</b> Yoga Studio 2 - Leila/Jaime <input type="checkbox"/>		
<b>18:30 - 19:10</b> Core Strength & Abs Studio 3 - Naouel <input type="checkbox"/>	<b>18:35 - 19:10</b> Aerobox Studio 2 - Cheryl ◆	<b>19:15 - 20:15</b> Zumba® Studio 3 - Laurie (R) <input type="checkbox"/>				
<b>18:30 - 19:30</b> Essentrics Studio 2 - Louise ●	<b>19:15 - 20:00</b> Bootcamp Studio 2 - Boyana/Lama <input type="checkbox"/>	<b>19:20 - 20:05</b> PILOXING Knockout® Studio 2 - Bassam ◆				
<b>19:15 - 20:15</b> Zumba® Studio 3 - Rosario (R) <input type="checkbox"/>	<b>19:20 - 20:20</b> Yoga Studio 3 - Nadine <input type="checkbox"/>					
<b>19:35 - 20:35</b> Aero-Belly Dancing Studio 2 - Abeer <input type="checkbox"/>						

**Health and fitness - Small Group Training**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>12:00 - 13:00</b> Cross Training Functional Training Room - Luce BB / \$ <input type="checkbox"/>	<b>18:00 - 19:00</b> Cross Training Functional Training Room - Marie-Eve BB / \$ <input type="checkbox"/>	<b>07:00 - 08:00</b> Cross Training Functional Training Room - Luce BB / \$ <input type="checkbox"/>	<b>18:00 - 19:00</b> ROMWOD® Functional Training Room - Jean-Paul BB / \$ <input type="checkbox"/>			
<b>18:00 - 19:00</b> TRX® Tabata Functional Training Room - Penny / \$ <input type="checkbox"/>		<b>18:00 - 19:00</b> Pilates Fusion Functional Training Room - Orsola / \$ <input type="checkbox"/>				

**Aquatics - Aquafit**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:05 - 09:55 Aquafit Pool - Dina ② □	11:05 - 11:55 Aqua cardio Pool - Isabel ② ◆	09:05 - 09:55 Aqua cardio Pool - Martine ② ◆	11:05 - 11:55 Aquafit Pool - Isabel ② □	09:05 - 09:55 Aquafit Pool - Martine ② □	09:05 - 09:55 Aqua cardio Pool - Sonia ② ◆	
11:05 - 11:55 Aqua Zumba® Pool - Maria A. ② □	17:35 - 18:25 Aqua Bootcamp Pool - Gayle ② ◆	11:05 - 11:55 Aquafit Pool - Martine ② □		11:05 - 11:55 Aqua core Pool - Sami ② ◆		
18:05 - 18:55 Aqua cardio Pool - Zabelle ② ◆		18:05 - 18:55 Aqua Bootcamp Pool - Sami ② ◆				

**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 □	13:30 - 15:55 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 □	14:30 - 16:25 ② ☼ □	16:00 - 19:25 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 ☼ □	16:30 - 19:25 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 - 16:25 ⑤ □	16:30 - 18:30 ③ □	15:30 - 16:20 ② ☼ □		
17:00 - 20:30 ② □	18:30 - 20:30 ③ ☼ □	16:25 - 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 □			

**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 ☞ □	09:00 - 10:30 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 ② ☞ □	08:00 - 08:55 Recreational Pool ⑤ □
09:00 - 10:00 Recreational Pool ② □	09:30 - 10:00 Pool / Recreational Pool ② □	11:00 - 12:00 Recreational Pool ② □	09:30 - 12:00 Recreational Pool ② □	09:00 - 10:00 Recreational Pool ② □	19:00 - 19:55 Recreational Pool ② □	13:30 - 15:55 Pool / Recreational Pool ② ☞ □
10:00 - 11:00 Family Open Swim Recreational Pool ② □	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 Recreational Pool ② □		16:00 - 19:55 Family Open Swim Recreational Pool ② □
11:00 - 12:00 Recreational Pool ② □	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 □		
12:00 - 13:00 Recreational Pool ⑤ ☞ □	16:30 - 17:30 Family Open Swim Pool / Recreational Pool ② □	14:05 - 15:15 Open Swim (City) 50 + (50+) Pool / Recreational Pool ② ☞ □	16:30 - 18:30 Pool / Recreational Pool ③ □	13:00 - 14:00 Pool / Recreational Pool ② ☞ □		
13:00 - 14:00 Recreational Pool ② □	18:30 - 20:30 Pool / Recreational Pool ③ ☞ □	15:15 - 17:30 Recreational Pool □	18:30 - 20:30 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 ☞ □		20:30 - 21:55 Pool ② ☞ □		15:30 - 16:20 Pool / Recreational Pool ② ☞ □		
15:15 - 17:00 Recreational Pool ③ □				20:35 - 21:55 Pool / Recreational Pool ② ☞ □		
19:30 - 20:30 Family Open Swim Recreational Pool ② □						
20:30 - 21:55 Pool ② ☞ □						

**Health and fitness - Sports and Recreation**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>13:30 - 15:00</b> Pickleball Gym 2 <input type="checkbox"/>	<b>11:15 - 13:00</b> Open Gym Gym 2 <input type="checkbox"/>	<b>12:00 - 15:00</b> Open Gym Gym 2 <input type="checkbox"/>	<b>11:15 - 13:00</b> Open Gym Gym 2 <input type="checkbox"/>	<b>12:00 - 13:20</b> Open Gym Gym 2 <input type="checkbox"/>	<b>13:15 - 15:30</b> Open Badminton Gym 1 & 2 <input type="checkbox"/>	<b>12:00 - 13:20</b> Open Volleyball (16+) Gym 2 (R) <input type="checkbox"/>
<b>15:45 - 17:50</b> Open Gym Gym 1 <input type="checkbox"/>	<b>15:00 - 16:30</b> Open Gym Gym 2 <input type="checkbox"/>	<b>17:45 - 19:00</b> Open Soccer (16+) Gym 1 & 2 (R) <input type="checkbox"/>	<b>15:00 - 17:20</b> Open Gym Gym 2 <input type="checkbox"/>	<b>13:30 - 15:00</b> Pickleball Gym 2 <input type="checkbox"/>	<b>15:30 - 17:45</b> Open Badminton Gym 2 <input type="checkbox"/>	<b>17:00 - 20:00</b> Open Badminton Gym 1 & 2 <input type="checkbox"/>
<b>17:50 - 18:50</b> Open Basketball (16+) Gym 1 & 2 <input type="checkbox"/>	<b>20:30 - 22:15</b> Open Basketball (16+) Gym 2 <input type="checkbox"/>	<b>20:15 - 21:45</b> Ping Pong (16+) Ahuntsic Cartierville Room <input type="checkbox"/>	<b>17:30 - 19:00</b> Open Soccer (18+) Gym 1 & 2 (R) <input type="checkbox"/>	<b>20:30 - 22:15</b> Open Basketball (18+) Gym 1 & 2 <input type="checkbox"/>	<b>16:00 - 19:00</b> Ping Pong (16+) Studio 3 <input type="checkbox"/>	
			<b>20:00 - 21:30</b> Ping Pong (16+) Studio 3 <input type="checkbox"/>		<b>18:00 - 20:15</b> Open Volleyball (16+) Gym 1 (R) <input checked="" type="checkbox"/>	
			<b>20:30 - 22:15</b> Open Badminton Gym 2 <input type="checkbox"/>		<b>18:00 - 20:15</b> Open Volleyball (16+) Gym 2 (R) <input type="checkbox"/>	

**Health and fitness - Parent & Baby / Family Activities**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>16:00 - 17:50</b> Family Open Gym (0-12 yrs with parents) Gym 2 <input type="checkbox"/>	<b>09:15 - 10:00</b> Cycling (8 yrs+) (8+) Studio 1B - Cathy BB (R) <input type="checkbox"/>	<b>16:30 - 17:30</b> Family Open Gym (0-12 yrs with parents) Gym 2 <input type="checkbox"/>	<b>18:30 - 19:15</b> Family Zumba® (0-11 yrs with parents) Studio 3 - Soumia BB <input type="checkbox"/>		<b>10:00 - 10:40</b> Family Bootcamp (0-11 yrs with parents) Studio 3 - Stefania BB <input type="checkbox"/>	<b>10:30 - 11:45</b> Family Open Gym (0-12 yrs with parents) Gym 2 <input type="checkbox"/>
	<b>17:45 - 18:25</b> Family STRONG by Zumba® (0-11 yrs with parents) Studio 3 - Yvette BB <input type="checkbox"/>				<b>10:30 - 12:45</b> Family Open Gym (0-12 yrs with parents) Gym 2 <input type="checkbox"/>	

**Youth Activities (12 years +)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>16:30 - 18:30</b> Teen Night Gym 1 & 2 <input type="checkbox"/>			<b>17:30 - 20:30</b> Teen Night Gym 1 & 2 <input type="checkbox"/>		

**Children's activities (0-12 years)**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					<b>11:00 - 11:45</b> Jr. NBA (5-8 yrs) <i>Gym 1 - Karim</i> ✍️ \$ □	<b>11:00 - 11:45</b> Multisports for Kids (5-8 yrs) <i>Gym 1 - À venir / TBA</i> ✍️ \$ □
					<b>12:00 - 12:45</b> Jr. NBA (9-12 yrs) <i>Gym 1 - Karim</i> ✍️ \$ □	<b>12:00 - 12:45</b> Multisports for Kids (9-12 yrs) <i>Gym 2 - À venir / TBA</i> ✍️ \$ □