

Print date: 2019-08-17

Summer 2019	From 2019-06-17 to 2019-09-08
OPENING HOURS	Week: 6:45 to 22:45 Week-end : 8:00 to 19:45
HOLIDAYS	September 2, 2019: 8:00 to 19:45 No group fitness classes. October 14, 2019: 8:00 to 19:45 No group fitness classes.
POOL CLOSURE	From August 5 to September 2, 2019

Group Fitness - Strength and Cardio

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00 - 12:55 Total Sculpt 2C - Micheline BB <input type="checkbox"/>	07:00 - 08:00 Triathlon - Running Outdoor - Fred <input checked="" type="checkbox"/>	12:00 - 12:45 Circuit Training 2C - Alexia <input type="checkbox"/>	10:20 - 11:15 Total Sculpt 2C - Christiane <input type="checkbox"/>		10:00 - 10:55 Total Sculpt 2C - Micheline <input type="checkbox"/>	10:00 - 10:45 Step 2C - Gala <input type="checkbox"/>
17:30 - 18:15 Interval Training 2C - Kevin <input type="checkbox"/>	10:20 - 11:15 Aero-Toning 2C - Christiane <input type="checkbox"/>	17:30 - 18:25 Total Sculpt 2C - Micheline <input type="checkbox"/>	17:30 - 18:15 HIIT 2C - Meryse <input type="checkbox"/>		12:00 - 12:55 Bootcamp Gym - Billie <input checked="" type="checkbox"/>	10:50 - 11:35 Total Sculpt 2C - Gala <input type="checkbox"/>
	17:45 - 18:30 Bootcamp Gym - Billie <input checked="" type="checkbox"/>		18:30 - 19:30 Triathlon - Running Outdoor - Fred <input checked="" type="checkbox"/>			
	18:00 - 19:15 Outdoor running Outdoor - Nolin <input checked="" type="checkbox"/>					
	18:30 - 19:25 Y Pump 2C - Alexia <input type="checkbox"/>					

Group Fitness - Cycling

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18:30 - 19:25 HIIT Cycling 2A - Mathilde (R) <input checked="" type="checkbox"/>	09:30 - 10:15 Interval Cycling 2A - Michel (R) <input type="checkbox"/>	18:30 - 19:15 Interval Cycling (8 yrs+) (8+) 2A - Michel (R) <input type="checkbox"/>	09:30 - 10:15 Interval Cycling 2A - Michel (R) <input type="checkbox"/>		11:00 - 11:55 Cycling 2A - Mathilde <input checked="" type="checkbox"/>	

Group Fitness - Mind and Body

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 - 10:55 Pilates - Ball 2C - Nathalie <input type="checkbox"/>	08:30 - 09:25 Power yoga 2B - Christiane <input type="checkbox"/>	09:30 - 10:25 Pilates - Ball 2B - Sébastien <input type="checkbox"/>	08:30 - 09:25 Vinyasa Yoga 2B - Christiane <input type="checkbox"/>	11:00 - 11:55 Pilates 2C - Nathalie (R) <input type="checkbox"/>	12:00 - 13:25 Yoga 2B - Jacky/Nathalie G. (R) <input type="checkbox"/>	12:00 - 13:25 Vinyasa Yoga 2B - Christiane/Nathalie G. (R) <input type="checkbox"/>
11:00 - 11:55 Pilates 2C - Nathalie (R) <input type="checkbox"/>	12:30 - 13:25 Pilates 2B - Nathalie (R) <input type="checkbox"/>	18:00 - 18:55 Yoga 2B - Mara (R) <input checked="" type="checkbox"/>	12:30 - 13:25 Pilates 2B - Violaine <input type="checkbox"/>	18:00 - 19:25 Yoga 2B - Mara (R) <input type="checkbox"/>		13:30 - 14:25 Pilates 2C - André B./Violaine (R) <input type="checkbox"/>
13:30 - 14:25 Yoga 2B - Mara <input type="checkbox"/>	18:00 - 18:55 Pilates 2B - Sébastien <input type="checkbox"/>		17:30 - 18:25 Pilates 2B - André <input type="checkbox"/>			
17:30 - 18:25 Yoga 2B - Malika (R) <input type="checkbox"/>						
18:30 - 19:25 Pilates 2B - André (R) <input type="checkbox"/>						

Group Fitness - Dance

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18:30 - 19:25 Raga-pop 2C - David/Laure <input type="checkbox"/>	17:30 - 18:25 Latin Dance 2C - Sophie <input type="checkbox"/>	18:30 - 19:25 Zumba® 2C - Stéphanie <input type="checkbox"/>		10:00 - 10:55 Aero-Dance-Pilates 2C - Nathalie <input type="checkbox"/>	11:00 - 11:55 Zumba® 2C - Micheline <input type="checkbox"/>	
				17:30 - 18:25 Aero-Dance 2C - Anne <input type="checkbox"/>		

Group Fitness - Martial Arts

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:30 - 10:55 Tai chi 2B - Van-Tuan <input type="checkbox"/>	19:30 - 20:25 Kickboxing 2C - El Alla <input type="checkbox"/>			10:00 - 11:15 Qi Gong / Tchi Kung 2B - Josée <input type="checkbox"/>	10:30 - 11:45 Tai chi 13 July - 24 August 2B/Parc Outremont - Josée <input type="checkbox"/>	
19:00 - 20:25 Capoeira Gym - Colette <input type="checkbox"/>				19:00 - 20:25 Capoeira 2C - Colette <input type="checkbox"/>	12:00 - 13:15 Kickboxing 2C - El Alla ◆	

Group Fitness - Gentle Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:10 - 13:25 Gentle Yoga 2B - Mara (R) <input type="checkbox"/>	19:00 - 19:55 Gentle Yoga 2B - Jacky (R) <input type="checkbox"/>	10:00 - 10:55 Gentle Fitness 2C - Alexandre <input type="checkbox"/>				
		19:00 - 20:15 Gentle Yoga 2B - Mara <input type="checkbox"/>				

Aquatics - Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 09:55 Aquafit Pool - Kevin (R) <input checked="" type="checkbox"/>		09:00 - 09:55 Aquafit Pool - Josselin (R) <input checked="" type="checkbox"/>	10:00 - 10:55 Aquafit Pool - Mary A. (R) <input type="checkbox"/>	09:00 - 09:55 Aquafit Pool - Mary (R) <input checked="" type="checkbox"/>	12:00 - 12:55 Aquafit Pool - Valérie (R) <input type="checkbox"/>	12:00 - 12:55 Aquafit Pool - Mary A. (R) <input type="checkbox"/>
18:30 - 19:15 Aquafit Pool - Kevin (R) <input type="checkbox"/>		18:30 - 19:15 Aquafit Pool - Valérie (R) <input type="checkbox"/>				

Aquatics - Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 - 08:55 ④ <input checked="" type="checkbox"/>	08:00 - 09:55 ④ <input type="checkbox"/>	07:00 - 08:55 ④ <input checked="" type="checkbox"/>	07:00 - 08:55 ④ <input checked="" type="checkbox"/>	08:00 - 08:55 ④ <input checked="" type="checkbox"/>	13:00 - 14:25 ④ <input checked="" type="checkbox"/>	13:00 - 14:25 ④ <input checked="" type="checkbox"/>
11:00 - 12:25 ④ <input checked="" type="checkbox"/>	11:00 - 12:55 ④ <input checked="" type="checkbox"/>	11:00 - 12:25 ④ <input checked="" type="checkbox"/>	11:00 - 12:55 ④ <input checked="" type="checkbox"/>	11:00 - 12:55 ④ <input checked="" type="checkbox"/>		17:00 - 17:55 ② <input type="checkbox"/>
16:30 - 17:25 ④ <input checked="" type="checkbox"/>	21:00 - 21:55 ④ <input checked="" type="checkbox"/>	16:30 - 17:25 ④ <input checked="" type="checkbox"/>	16:30 - 17:25 ④ <input checked="" type="checkbox"/>			
19:30 - 20:30 ④ <input type="checkbox"/>		19:30 - 20:30 ④ <input type="checkbox"/>				
20:30 - 21:55 ④ <input checked="" type="checkbox"/>		20:30 - 21:55 ④ <input checked="" type="checkbox"/>				

Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	16:30 - 17:25 ④ <input checked="" type="checkbox"/>					14:30 - 16:55 ④ <input checked="" type="checkbox"/>

Aquatics - Swimming Clubs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	19:30 - 20:55 Triathlon - Swimming 24 June - 8 September Pool - Oliver ④ <input type="checkbox"/>			07:00 - 07:55 Triathlon - Swimming 24 June - 8 September Pool - Oliver ④ <input type="checkbox"/>		17:00 - 17:55 Triathlon - Swimming 24 June - 8 September Pool - Libre ② <input type="checkbox"/>

Health and fitness - Sports and Recreation

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
20:30 - 22:30 Open Basketball Gym ◆			17:45 - 18:55 Open Soccer (18+) Gym <input type="checkbox"/>		17:15 - 19:15 Open Basketball Gym ◆	

Parent & Baby / Family Activities - Family Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		18:30 - 19:15 Interval Cycling (8 yrs+) (8+) 2A - Michel (R) <input type="checkbox"/>				