

Print date: 2019-12-16

Fall 2019	From 2019-09-09 to 2019-12-22
OPENING HOURS	Week: 6:45 to 22:45 Week-end : 8:00 to 19:45
CLOSED	December 25 2019 January 1 2020
HOLIDAYS	December 24, 2019 : 8:00 to 15:45 December 26, 2019 : 10:00 to 19:45 December 31, 2019 : 8:00 to 15:45 January 2, 2020 : 10:00 to 19:45

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 type="checkbox"/>	12:00 - 12:45 Circuit Training 2C - Alexia <input type="checkbox"/>	10:20 - 11:15 Total Sculpt 2C - Christiane <input type="checkbox"/>	12:00 - 12:45 Interval Training 2A - Josselin <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/Nathalie G. <input type="checkbox"/>	17:30 - 18:15 HIIT 2C - Meryse <input type="checkbox"/>		12:00 - 12:55 Bootcamp Gym - Billie <input type="checkbox"/>	10:50 - 11:35 Total Sculpt 2C - Gala <input type="checkbox"/>
	17:45 - 18:30 Bootcamp Gym - Billie <input type="checkbox"/>		18:30 - 19:30 Triathlon - Running Outdoor - Fred <input 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 - Jean Luke (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"/>		10:00 - 10:45 Cycling 2A - Jean Luke (R) <input type="checkbox"/>	11:00 - 11:55 Cycling 2A - Saminda (R) <input type="checkbox"/>
	18:30 - 19:15 Cycling 2A - Mathilde (R) <input type="checkbox"/>				11:00 - 11:55 Cycling 2A - Mathilde (R) <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 - À venir/TBA <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 (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"/>	10:30 - 11:55 Meditation 2B - Dodik <input type="checkbox"/>	18:00 - 18:55 Yoga 2B - Mara (R) <input checked="" type="checkbox"/>	12:30 - 13:25 Yogalates 2B - Nathalie <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"/>	12:30 - 13:25 Pilates 2B - Nathalie (R) <input type="checkbox"/>		17:30 - 18:25 Pilates 2B - André <input type="checkbox"/>			13:30 - 14:25 Yoga 2B - Christiane/Nathalie G. (R) <input type="checkbox"/>
17:30 - 18:25 Yoga 2B - Malika (R) <input type="checkbox"/>	18:00 - 18:55 Pilates 2B - Sébastien <input type="checkbox"/>		18:30 - 19:25 Stretching 2B - André <input type="checkbox"/>			
18:30 - 19:25 Pilates 2B - André (R) <input type="checkbox"/>	19:00 - 19:55 Yoga 2B - Jacky (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 Afro-Latino Dance 2C - Sophie <input type="checkbox"/>	18:30 - 19:25 Zumba® 2C - Stéphanie <input type="checkbox"/>	18:30 - 19:25 Raga-pop 2C - Jordan/David <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"/>	10:45 - 11:45 « Nia » Dance 2B - Lise-Anna <input type="checkbox"/>
				17:30 - 18:25 Aero-Dance 2C - Anne <input type="checkbox"/>		11:45 - 12:30 Zumba® 2C - Stéphanie <input type="checkbox"/>

Group Fitness - Martial Arts

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 - 10:55 Tai chi 2B - Van-Tuan <input type="checkbox"/>	19:30 - 20:25 Kickboxing 2C - ElAlla <input type="checkbox"/>			10:00 - 11:15 Qi Gong / Tchi Kung 2B - Josée <input type="checkbox"/>	10:30 - 11:45 Tai chi 2B - Fabrice <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 - ElAlla ◆	

Group Fitness - Gentle Fitness

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:10 - 13:25 Gentle Yoga 2B - Mara (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 30 September - 22 December Pool - Kevin (R) <input checked="" type="checkbox"/>	09:00 - 09:55 Aquafit 30 September - 22 December Pool - Marine (R) <input checked="" type="checkbox"/>	09:00 - 09:55 Aquafit 30 September - 22 December Pool - Josselin (R) <input checked="" type="checkbox"/>	10:00 - 10:55 Aquafit 30 September - 22 December Pool - Mary (R) <input type="checkbox"/>	09:00 - 09:55 Aquafit 30 September - 22 December Pool - Mary (R) <input checked="" type="checkbox"/>	12:00 - 12:55 Aquafit 30 September - 22 December Pool - Valérie (R) <input type="checkbox"/>	12:00 - 12:55 Aquafit 30 September - 22 December Pool - Marine (R) <input type="checkbox"/>
18:30 - 19:25 Aquafit 30 September - 22 December Pool - Kevin (R) <input type="checkbox"/>		18:30 - 19:25 Aquafit 30 September - 22 December Pool - Josselin (R) <input type="checkbox"/>				

Aquatics - Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 - 08:55 30 September - 22 December ④ <input checked="" type="checkbox"/>	07:30 - 08:55 30 September - 22 December ④ <input type="checkbox"/>	07:00 - 08:55 30 September - 22 December ④ <input checked="" type="checkbox"/>	07:00 - 08:55 30 September - 22 December ④ <input checked="" type="checkbox"/>	08:00 - 08:55 30 September - 22 December ④ <input checked="" type="checkbox"/>	13:00 - 14:25 30 September - 22 December ④ <input checked="" type="checkbox"/>	13:00 - 14:25 30 September - 22 December ④ <input checked="" type="checkbox"/>
11:00 - 12:25 30 September - 22 December ④ <input checked="" type="checkbox"/>	11:00 - 12:55 30 September - 22 December ④ <input checked="" type="checkbox"/>	11:00 - 12:25 30 September - 22 December ④ <input checked="" type="checkbox"/>	11:00 - 12:55 30 September - 22 December ④ <input checked="" type="checkbox"/>	11:00 - 12:55 30 September - 22 December ④ <input checked="" type="checkbox"/>		17:00 - 17:55 30 September - 22 December ② <input type="checkbox"/>
16:30 - 17:25 30 September - 22 December ② <input checked="" type="checkbox"/>	21:00 - 21:55 30 September - 22 December ④ <input checked="" type="checkbox"/>	16:30 - 17:25 30 September - 22 December ② <input checked="" type="checkbox"/>	16:30 - 17:25 30 September - 22 December ② <input checked="" type="checkbox"/>			
19:30 - 20:30 30 September - 22 December ④ <input type="checkbox"/>		19:30 - 20:30 30 September - 22 December ④ <input type="checkbox"/>				
20:30 - 21:55 30 September - 22 December ④ <input checked="" type="checkbox"/>		20:30 - 21:55 30 September - 22 December ④ <input checked="" type="checkbox"/>				

Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	16:30 - 17:25 30 September - 22 December ② ☞ ☐					14:30 - 16:55 30 September - 22 December ④ ☞ ☐

Aquatics - Swimming Clubs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	20:00 - 20:55 Triathlon - Swimming 1 October - 22 December Pool - Oliver ④ ☐			07:00 - 07:55 Triathlon - Swimming 1 October - 22 December Pool - Oliver ④ ☐		17:00 - 17:55 Triathlon - Swimming 1 October - 22 December Pool - Libre ② ☐

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 ☐	16:30 - 18:25 Open Basketball 27 September - 22 December Gym - À venir/TBA ☐	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) ☐				

Youth Activities (12 years +)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>17:30 - 18:30 Culturally YMCA 6 September - 26 June Youth Zone - L'équipe Jeunesse <input type="checkbox"/></p>	<p>16:30 - 18:00 Cooking workshop for teens 24 September - 26 May Kitchen - À venir/TBA ✍️ <input type="checkbox"/></p>	<p>16:45 - 17:45 Fitness for Teens 25 September - 24 June Gym - Dice <input type="checkbox"/></p>	<p>17:30 - 18:30 Culturally YMCA 6 September - 26 June Youth Zone - L'équipe Jeunesse <input type="checkbox"/></p>	<p>17:30 - 18:30 Culturally YMCA 6 September - 26 June Youth Zone - L'équipe Jeunesse <input type="checkbox"/></p>		
<p>17:30 - 18:30 Youth Council 23 September - 29 May Youth Zone - Krystelle ✍️ <input type="checkbox"/></p>	<p>17:30 - 18:30 Culturally YMCA 6 September - 26 June Youth Zone - L'équipe Jeunesse <input type="checkbox"/></p>	<p>17:30 - 18:30 Culturally YMCA 6 September - 26 June Youth Zone - L'équipe Jeunesse <input type="checkbox"/></p>	<p>17:30 - 18:30 Youth Council 23 September - 29 May Youth Zone - Krystelle ✍️ <input type="checkbox"/></p>	<p>17:30 - 18:30 Youth Council 23 September - 29 May Youth Zone - Krystelle ✍️ <input type="checkbox"/></p>		
<p>17:30 - 18:30 Video Workshop 23 September - 27 December Youth Zone - Jordan <input type="checkbox"/></p>	<p>17:30 - 18:30 Youth Council 23 September - 29 May Youth Zone - Krystelle ✍️ <input type="checkbox"/></p>	<p>17:30 - 18:30 Youth Council 23 September - 29 May Youth Zone - Krystelle ✍️ <input type="checkbox"/></p>	<p>17:30 - 18:30 Video Workshop 23 September - 27 December Youth Zone - Jordan <input type="checkbox"/></p>	<p>17:30 - 18:30 Video Workshop 23 September - 27 December Youth Zone - Jordan <input type="checkbox"/></p>		
<p>17:30 - 19:30 Open mic 27 September - 29 May Youth Zone - Dice <input type="checkbox"/></p>	<p>17:30 - 18:30 Video Workshop 23 September - 27 December Youth Zone - Jordan <input type="checkbox"/></p>	<p>17:30 - 18:30 Video Workshop 23 September - 27 December Youth Zone - Jordan <input type="checkbox"/></p>	<p>17:30 - 19:30 Open mic 27 September - 29 May Youth Zone - Dice <input type="checkbox"/></p>	<p>17:30 - 19:30 Open mic 27 September - 29 May Youth Zone - Dice <input type="checkbox"/></p>		
<p>17:30 - 18:30 Discussion Night 27 September - 29 May Youth Zone - Krystelle <input type="checkbox"/></p>	<p>17:30 - 19:30 Open mic 27 September - 29 May Youth Zone - Dice <input type="checkbox"/></p>	<p>17:30 - 19:30 Open mic 27 September - 29 May Youth Zone - Dice <input type="checkbox"/></p>	<p>17:30 - 18:30 Discussion Night 27 September - 29 May Youth Zone - Krystelle <input type="checkbox"/></p>	<p>17:30 - 18:30 Discussion Night 27 September - 29 May Youth Zone - Krystelle <input type="checkbox"/></p>		
	<p>17:30 - 18:30 Discussion Night 27 September - 29 May Youth Zone - Krystelle <input type="checkbox"/></p>	<p>17:30 - 18:30 Discussion Night 27 September - 29 May Youth Zone - Krystelle <input type="checkbox"/></p>		<p>18:30 - 20:25 Basketball Team for Teens 27 September - 22 December Gym - Anthony ✍️ <input type="checkbox"/></p>		

Children's activities (0-12 years)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	16:30 - 18:00 Multisports for Kids (3-5 yrs) 17 September - 19 November Gym - À venir/TBA / \$ □	10:00 - 11:30 Kindergym (1-4 yrs) 18 September - 20 November Gym - À venir/TBA / \$ □	16:30 - 18:00 Soccer Plus (3-5 yrs) 19 September - 21 November 3A-3B/Gym - Émile et Jessica / \$ □		08:55 - 09:55 Gymnastics for Kids (3-5 yrs) 21 September - 23 November Gym - À venir/TBA / \$ □	10:00 - 11:00 Basketball for Kids (6-8 yrs) 22 September - 24 November Gym - Émile / \$ □
	16:30 - 17:30 Multisports for Kids (6-11 yrs) 17 September - 19 November Gym - À venir/TBA / \$ □	16:30 - 18:00 Bootcamp for Kids (3-5 yrs) 18 September - 20 November 2B/Gym - Émile / \$ □			09:55 - 10:55 Soccer for Kids (3-5 yrs) 21 September - 23 November Gym - À venir/TBA / \$ □	10:00 - 11:00 Basketball for Kids (3-5 yrs) 22 September - 24 November Gym - À venir/TBA / \$ □
					09:55 - 10:55 Soccer for Kids (6-8 yrs) 21 September - 23 November Gym - À venir/TBA / \$ □	11:00 - 12:00 Basketball for Kids (9-11 yrs) 22 September - 24 November Gym - Émile / \$ □
					10:55 - 11:55 Soccer for Kids (9-11 yrs) 21 September - 23 November Gym - Émilie / \$ □	
					10:55 - 11:55 Bootcamp for Kids (3-5 yrs) 21 September - 23 November 2B/Gym - À venir/TBA / \$ □	