

Print date: 2020-06-03

Spring 2020

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

OPENING HOURS

Week: 6:45 to 22:45 | Week-end : 8:00 to 19:45

Group Fitness - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 - 10:55 Pilates - Ball 2C - Nathalie <input type="checkbox"/>	07:00 - 08:00 Triathlon - Running Outdoor - Fred <input type="checkbox"/>	09:30 - 10:25 Pilates 2B - Nathalie <input type="checkbox"/>	08:30 - 09:25 Vinyasa Yoga 2B - Christiane <input type="checkbox"/>	10:00 - 10:55 Qi Gong / Tchi Kung 2B - Christine <input type="checkbox"/>	10:00 - 10:45 Cycling 23 March - 2 May 2A - À venir/TBA (R) <input type="checkbox"/>	10:00 - 10:55 Zumba® 2C - Stéphanie <input type="checkbox"/>
10:00 - 10:55 Tai chi 2B - Van-Tuan <input type="checkbox"/>	08:30 - 09:25 Power yoga 2B - Christiane <input type="checkbox"/>	10:00 - 10:55 Gentle Fitness 2C - Alexandre <input type="checkbox"/>	09:30 - 10:15 Interval Cycling 2A - Michel (R) <input type="checkbox"/>	10:00 - 10:55 Aero-Dance-Pilates 2C - Nathalie <input type="checkbox"/>	10:00 - 10:55 Total Sculpt 2C - Micheline <input type="checkbox"/>	10:30 - 11:30 Gentle Yoga 2B - Marie-Claude <input type="checkbox"/>
	09:30 - 10:15 Interval Cycling 2A - Michel (R) <input type="checkbox"/>		10:20 - 11:15 Total Sculpt 2C - Christiane <input type="checkbox"/>		10:30 - 11:25 Tai chi 2B - À venir/TBA ◆	
	10:20 - 11:15 Aero-Toning 2C - Christiane <input type="checkbox"/>					

Group Fitness - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00 - 11:55 Pilates 2C - Nathalie <input type="checkbox"/>	12:30 - 13:25 Pilates 2B - Nathalie <input type="checkbox"/>	12:00 - 12:45 Circuit Training 2C - Alexia <input type="checkbox"/>	12:30 - 13:25 Yogalates 2B - Violaine <input type="checkbox"/>	11:00 - 11:55 Pilates 2C - Nathalie <input type="checkbox"/>	11:00 - 11:55 Cycling 2A - Mathilde (R) ◆	11:00 - 11:55 Cycling 2A - Jean Luke (R) <input type="checkbox"/>
12:00 - 12:55 Total Sculpt 2C - Micheline BB <input type="checkbox"/>				12:00 - 12:45 Interval Training 2A - Josselin <input type="checkbox"/>	11:00 - 11:55 Zumba® 2C - Micheline <input type="checkbox"/>	11:00 - 11:55 Total Sculpt 2C - Gala <input type="checkbox"/>
12:10 - 13:25 Gentle Yoga 2B - Mara <input type="checkbox"/>					12:00 - 12:55 Bootcamp Gym - Billie <input type="checkbox"/>	12:00 - 13:25 Vinyasa Yoga 2B - Christiane/Nathalie G. <input type="checkbox"/>
13:30 - 14:25 Yoga 2B - Mara <input type="checkbox"/>					12:00 - 13:25 Yoga 2B - Jacky/Sylvie-Anne <input type="checkbox"/>	13:30 - 14:25 Pilates 2C - Violaine <input type="checkbox"/>
					12:00 - 13:15 Kickboxing 2C - El Alla ◆	13:30 - 14:25 Yoga 2B - Christiane/Nathalie G. <input type="checkbox"/>
						15:00 - 16:25 Karate 2C - Michel <input type="checkbox"/>

Group Fitness - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:30 - 18:15 Interval Training <i>2C - Nathalie Gagnon</i> <input type="checkbox"/>	17:30 - 18:25 Afro-Latino Dance <i>2C - À venir/TBA</i> <input type="checkbox"/>	17:30 - 18:25 Total Sculpt <i>2C - Micheline</i> <input type="checkbox"/>	17:30 - 18:15 HIIT <i>2C - Meryse</i> <input type="checkbox"/>	17:45 - 18:30 Circuit Training <i>2A - Josselin/Alexia</i> <input type="checkbox"/>		
17:30 - 18:25 Yoga <i>2B - Malika</i> <input type="checkbox"/>	17:45 - 18:30 Bootcamp <i>Gym - Billie</i> <input type="checkbox"/>	18:00 - 19:15 Running <i>Outdoor - Nolin</i> <input checked="" type="checkbox"/>	17:30 - 18:25 Pilates <i>2B - Line</i> <input type="checkbox"/>	18:00 - 19:25 Yoga <i>2B - Mara</i> <input type="checkbox"/>		
18:30 - 19:25 HIIT Cycling <i>2A - Emily</i> (R) <input checked="" type="checkbox"/>	18:00 - 18:55 Pilates <i>2B - Sébastien</i> <input type="checkbox"/>	18:00 - 18:55 Yoga <i>2B - Mara</i> <input checked="" type="checkbox"/>	18:30 - 19:30 Triathlon - Running 16 April - 14 June <i>Outdoor - Fred</i> <input checked="" type="checkbox"/>	19:00 - 20:25 Capoeira <i>2C - Colette</i> <input type="checkbox"/>		
18:30 - 19:25 Pilates <i>2B - Gala</i> <input type="checkbox"/>	18:30 - 19:15 Cycling <i>2A - Saminda</i> (R) <input type="checkbox"/>	18:30 - 19:15 Interval Cycling (8 yrs+) (8+) <i>2A - Michel</i> (R) <input type="checkbox"/>	18:30 - 19:25 Stretching <i>2B - Line</i> <input type="checkbox"/>			
18:30 - 19:25 Raga-pop <i>2C - David/Laure</i> <input type="checkbox"/>	18:30 - 19:25 Y Pump <i>2C - Alexia</i> <input type="checkbox"/>	18:30 - 19:25 Zumba® <i>2C - Stephanie</i> <input type="checkbox"/>	18:30 - 19:25 Raga-pop <i>2C - Jordan/David</i> <input type="checkbox"/>			
19:30 - 20:55 Capoeira <i>2C - Colette</i> <input type="checkbox"/>	19:15 - 20:10 Yoga - Meditation <i>2B - Jacky</i> <input type="checkbox"/>	19:00 - 20:15 Gentle Yoga <i>2B - Mara</i> <input type="checkbox"/>				
	19:30 - 20:25 Kickboxing <i>2C - ElAlla</i> <input type="checkbox"/>	19:30 - 20:55 Karate <i>2C - Steven</i> <input type="checkbox"/>				

Aquatics - Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 09:55 Aqua interval <i>Pool</i> (R) <input checked="" type="checkbox"/>	09:00 - 09:55 Aquafit <i>Pool</i> (R) <input checked="" type="checkbox"/>	09:00 - 09:55 Aquafit <i>Pool - À venir/TBA</i> (R) <input type="checkbox"/>	09:20 - 10:05 Gentle Aquafit <i>Pool - Josselin</i> (R) <input type="checkbox"/>	09:00 - 09:55 Aquafit <i>Pool</i> (R) <input type="checkbox"/>	12:00 - 12:55 Aquafit <i>Pool - Valérie</i> (R) <input type="checkbox"/>	12:00 - 12:55 Aqua Dance <i>Pool - À venir/TBA</i> (R) <input type="checkbox"/>
18:40 - 19:25 Aquafit <i>Pool - Chantal</i> (R) <input type="checkbox"/>		18:40 - 19:25 Aqua Bootcamp <i>Pool</i> (R) <input type="checkbox"/>	10:10 - 10:55 Aqua cardio <i>Pool - Josselin</i> (R) <input checked="" type="checkbox"/>			

Aquatics - Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 - 08:55 ④ ☼ □	07:30 - 08:55 ④ □	07:00 - 08:55 ④ ☼ □	07:00 - 08:55 ④ ☼ □	08:00 - 08:55 ④ ☼ □	13:00 - 14:25 ④ ☼ □	13:00 - 14:25 ④ ☼ □
11:00 - 12:25 ④ ☼ □	11:00 - 12:55 ④ ☼ □	11:00 - 12:25 ④ ☼ □	11:00 - 12:55 ④ ☼ □	11:00 - 12:55 ④ ☼ □		17:00 - 17:55 ② □
16:30 - 17:25 ② ☼ □	21:00 - 21:55 ④ ☼ □	16:30 - 17:25 ② ☼ □	16:30 - 17:25 ② ☼ □			
19:30 - 20:30 ④ □		19:30 - 20:30 ④ □				
20:30 - 21:55 ④ ☼ □		20:30 - 21:55 ④ ☼ □				

Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	16:30 - 17:25 ☼ □					14:30 - 16:55 ☼ □

Aquatics - Swimming Clubs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	20:00 - 20:55 Triathlon - Swimming Pool - Oliver ④ □			07:00 - 07:55 Triathlon - Swimming Pool - Oliver ④ □		17:00 - 17:55 Triathlon - Swimming Pool - Libre ② □

Health and fitness - Sports and Recreation

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
20:30 - 22:30 Open Basketball (18+) Gym ◆			17:30 - 19:00 Supervised Soccer Gym - Elham □		17:15 - 19:15 Supervised Basketball Gym - David □	17:30 - 19:30 Supervised Soccer Gym - Elham □

Health and fitness - Parent & Baby / 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
16:45 - 17:45 Open Soccer for Teens Gym - Dice ✂ □		16:45 - 17:45 Strength Training for Teens Weight room - Dice ✂ □		16:30 - 18:25 Supervised Basketball for teens (12-14 yrs) Gym - Adam/Léo ✂ □		
				17:00 - 18:00 Culturally YMCA Charlotte ✂ □		
				18:30 - 20:25 Supervised Basketball for teens (15-17 yrs) Anthony/Brice ✂ □		

Children's activities (0-12 years)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	16:30 - 18:00 Multisports for Kids (3 to 5 y.o) 24 March - 2 June 3A-3B/Gym ✂ \$ □	17:00 - 18:00 Yoga for Kids (3 to 5 y.o) 25 March - 3 June 3A-3B - Émile ✂ \$ □	16:30 - 18:00 Soccer Plus (3 to 5 y.o) 26 March - 4 June 3A-3B/Gym ✂ \$ □		09:00 - 10:00 Gymnastics for Kids (3 to 5 y.o) 28 March - 6 June Gym - Émile et Élias ✂ \$ □	09:00 - 10:00 Cosom Hockey for Kids 29 March - 7 June Gym - À venir/TBA \$ □
					10:00 - 11:00 Soccer for Kids (6-8 yrs) 28 March - 6 June Gym - À venir/TBA \$ □	09:00 - 10:00 Basketball for Kids (3 to 5 y.o) 29 March - 7 June Gym - Élias ✂ \$ □
					10:10 - 11:10 Soccer for Kids (3 to 5 y.o) 28 March - 6 June Gym - Élias ✂ \$ □	10:00 - 11:00 Basketball for Kids (6-8 yrs) 29 March - 7 June Gym - À venir/TBA \$ □
					11:00 - 12:00 Soccer for Kids (9-11 yrs) 28 March - 6 June Gym - À venir/TBA \$ □	10:10 - 11:10 Basketball for Kids (3 to 5 y.o) 29 March - 7 June Gym - Élias ✂ \$ □
						11:00 - 12:00 Basketball for Kids (9-11 yrs) 29 March - 7 June Gym - À venir/TBA \$ □