

Print date: 2020-09-18

Summer 2020

From 2020-08-10 to 2020-10-11

OPENING HOURS

Weekdays: 6:30am to 8:30pm

Weekend: 7:45am to 5:45pm

Group Fitness - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:45 - 10:45 Aero-Dance-Pilates 2C - Nathalie / □	08:30 - 09:30 Yoga 2C - Christiane / □	10:00 - 11:00 Gentle Fitness 2C - Alexandre / □	08:30 - 09:30 Yoga 2C - Christiane / □	09:45 - 10:45 Yoga 2C - Nathalie Gagnon / □	09:45 - 10:45 Total Sculpt 2C - Micheline / □	09:45 - 10:45 Zumba® 2C - Stéphanie / □
	10:00 - 11:00 Total Sculpt 2C - Alexia / □		09:45 - 10:45 Cycling 2A - Michel / □			

Group Fitness - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00 - 12:00 Pilates 2C - Nathalie / □	12:00 - 13:00 Pilates 2C - Nathalie / □	11:15 - 12:15 Pilates 2B - Nathalie / □	12:30 - 13:30 Yoga 2C - Malika / □	12:00 - 12:45 Interval Training 2A - Josselin / □	11:00 - 12:00 Cycling 2A - Mathilde / □	11:00 - 12:00 Yoga 2C - Christiane/Nathalie G. / □
12:30 - 13:30 Gentle Yoga 2C - Mara / □		12:00 - 12:45 Circuit Training 2C - Alexia / □			12:30 - 13:30 Yoga 2C - Sylvie-Anne / □	12:30 - 13:30 Pilates 2C - Violaine / □

Group Fitness - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:30 - 18:15 Circuit Training 2C - Nathalie Gagnon / □	17:30 - 18:30 Pilates 2B - Gala / □	17:30 - 18:15 Zumba® 2C - Stéphanie / □	17:30 - 18:15 Circuit Training 2C - Nathalie Gagnon / □	17:45 - 18:45 Bootcamp 2C - Billie / □		
18:00 - 19:00 Yoga 2B - Malika / □	18:00 - 19:00 Bootcamp 2C - Billie / □	18:00 - 19:00 Cycling 2A - Jean Luke / □	18:00 - 19:00 Pilates 2B - Line / □	18:00 - 19:00 Yoga 2B - Mara / □		
18:45 - 19:45 Zumba® 2C - Araceli / □		18:30 - 19:30 Yoga 2C - Mara / □	18:45 - 19:45 House Dance 3 September - 8 October 2C - Marine <small>(new)</small> / □			

Aquatics - Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 09:50 Gentle Aquafit 8 September - 11 October Pool - Thibault ✂ □		09:00 - 09:50 Gentle Aquafit 8 September - 11 October Pool - Josselin ✂ □	10:00 - 10:50 Aquafit 8 September - 11 October Pool - Marine ✂ ◆	09:00 - 09:50 Aquafit 8 September - 11 October Pool - Mary A. ✂ □	12:00 - 12:50 Aquafit 8 September - 11 October Pool - Valérie ✂ □	
10:00 - 10:50 Aqua interval 8 September - 11 October Pool - Thibault ✂ □		10:00 - 10:50 Aqua cardio 8 September - 11 October Pool - Josselin ✂ □				
		18:00 - 18:50 Aqua interval 8 September - 11 October Pool - Thibault ✂ □				

Aquatics - Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 - 07:50 8 September - 11 October ④ ☹ □	07:00 - 07:50 8 September - 11 October ④ ✂ □	07:00 - 07:50 8 September - 11 October ④ ☹ □	07:00 - 07:50 8 September - 11 October ④ ☹ □	08:00 - 08:50 8 September - 11 October ④ ✂ □	13:30 - 14:20 8 September - 11 October ④ ☹ □	12:00 - 12:50 8 September - 11 October ④ ✂ □
08:00 - 08:50 8 September - 11 October ④ ☹ □	08:00 - 08:50 8 September - 11 October ④ ✂ □	08:00 - 08:50 8 September - 11 October ④ ☹ □	08:00 - 08:50 8 September - 11 October ④ ☹ □	11:30 - 12:20 8 September - 11 October ④ ☹ □		13:30 - 14:20 8 September - 11 October ④ ☹ □
11:30 - 12:20 8 September - 11 October ④ ☹ □	11:30 - 12:20 8 September - 11 October ④ ☹ □	11:30 - 12:20 8 September - 11 October ④ ☹ □	11:30 - 12:20 8 September - 11 October ④ ☹ □	12:30 - 13:20 8 September - 11 October ④ ☹ □		
12:30 - 13:20 8 September - 11 October ④ ☹ □	12:30 - 13:20 8 September - 11 October ④ ☹ □	12:30 - 13:20 8 September - 11 October ④ ☹ □	12:30 - 13:20 8 September - 11 October ④ ☹ □			
16:00 - 16:50 8 September - 11 October ④ ☹ □		16:00 - 16:50 8 September - 11 October ④ ☹ □				
17:00 - 17:50 8 September - 11 October ④ ☹ □		17:00 - 17:50 8 September - 11 October ④ ☹ □				
18:00 - 18:50 8 September - 11 October ④ ✂ □		19:00 - 19:50 8 September - 11 October ④ ✂ □				
19:00 - 19:50 8 September - 11 October ④ ☹ □						

Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				16:30 - 17:20 Family Open Swim (City) (For all ages) 8 September - 11 October ☹ □	14:30 - 15:20 Family Open Swim (City) (For all ages) 8 September - 11 October ☹ □	14:30 - 15:20 Family Open Swim (City) (For all ages) 8 September - 11 October ☹ □
						15:30 - 16:20 Family Open Swim (City) (For all ages) 8 September - 11 October ☹ □

Aquatics - Swimming Clubs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	19:30 - 20:20 Triathlon - Swimming 8 September - 11 October Pool ④ ✍ □			07:00 - 07:50 Triathlon - Swimming 8 September - 11 October Pool ④ ✍ □		11:00 - 11:50 Triathlon - Swimming 8 September - 11 October Pool ④ ✍ □

Health and fitness - Parent & Baby / Family Activities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				16:30 - 17:20 Family Open Swim (City) (For all ages) 8 September - 11 October Pool ☞ □	14:30 - 15:20 Family Open Swim (City) (For all ages) 8 September - 11 October Pool ☞ □	14:30 - 15:20 Family Open Swim (City) (For all ages) 8 September - 11 October Pool ☞ □
						15:30 - 16:20 Family Open Swim (City) (For all ages) 8 September - 11 October Pool ☞ □