

## FITNESS CLASS SCHEDULE from June 18 to Sept 9, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING</b>						
NO CLASS June 25, July 2nd, and Sept. 3	7.00 - 7.30 <b>AM Booster</b> Alex (G)		7.00 - 7.30 <b>AM Booster</b> Alex (G)			NO CLASS June 24 and July 1st. (holidays)
	9.00 - 10.00 <b>Soma Pilates</b> Maudaline (J)					
		10.30 - 11.30 <b>Toning Ball</b> Pascale (M)		10.30 - 11.30 <b>Soma Pilates</b> Tika (J)	10.00 - 10.45 <b>Body Bar</b> Victorien (M)	
					11.00 - 11.45 <b>Spin Bootcamp</b> Christophe (M)	11.00 - 11.45 <b>X-Plosif</b> Anthony (M)
<b>LUNCH TIME</b>						
12.15 - 13.00 <b>Insanity</b> Éric (M)	12.15 - 13.00 <b>Abs Power</b> Anthony (G)	12.15 - 13.00 <b>Cardio TRX</b> Camille (G)	12.15 - 13.00 <b>Body Bar</b> Victorien (M)	12.15 - 13.00 <b>X-Plosif</b> Anthony / Éric (M)	12.15 - 13.15 <b>Pilates</b> Mathilde (J)	
	12.15 - 13.15 <b>Fitness Pilates</b> Patricia (M)		12.15 - 13.15 <b>Pilates</b> Maudaline (J)			
<b>EVENING</b>						
					16.30 - 17.30 <b>Team Training</b> Anthony (P)	16.30 - 17.45 <b>Spin-toning</b> Martin (M)
17.45 - 18.30 <b>Spinning</b> Christophe (M)	17.45 - 18.30 <b>Body Bar</b> Éric (M)	17.45 - 18.30 <b>X-Plosif</b> Sami (M)	17.30 - 18.30 <b>Team Training</b> Sami (P)			
18.35 - 19.05 <b>Upper Body</b> Christophe (M)	18.35 - 19.20 <b>Insanity</b> Anthony (M)	18.35 - 19.05 <b>Upper Body</b> Sami (M)				
19.10 - 19.40 <b>Abs n' Glutes</b> Anthony (M)	18.35 - 19.45 <b>Running</b> Parc Lafontaine	19.10 - 19.55 <b>Spinning</b> Christophe (M)				
19.05 - 20.05 <b>Pilates</b> Valérie (J)		19.35 - 20.35 <b>Pilates</b> Tika (J)				
<b>Room</b>	<b>Category</b>					
G: gym	<b>Strengthening</b>					
M: Multi	<b>Bootcamp / HIIT</b>					
J: Garden	<b>Vitality</b>					
P: Park	<b>Outdoors class</b>					

Class	Difficulty level	Available places
Abs Power	♥♥ ♣♣♣♣	6
Abs n' Glutes	♥ ♣♣♣♣	12
Body Bar	♥ ♣♣♣♣♣♣	8
AM Booster	♥♥ ♣♣♣♣	6
Spinning	♥♥♥♥ ♣♣	12
Cardio TRX	♥♥ ♣♣♣♣	6
Running	♥♥ ♣♣	-
Upper Body	♥ ♣♣♣♣	12
Insanity	♥♥♥♥ ♣♣♣♣	12
Pilates	♣♣	12
Spin-toning	♥♥♥♥ ♣♣♣♣	12
Team training	♥♥ ♣♣♣♣	12
Ball Toning	♣♣	8
X-Plosif	♥♥♥♥ ♣♣♣♣♣♣	8

PLEASE MAKE SURE TO REGISTER FOR THE CLASS TO SECURE YOUR SPOT. PRIORITY WILL BE GIVEN TO REGISTERED MEMBERS. THANK YOU.