

## FITNESS CLASSES SCHEDULE from September 10 until December 15, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING</b>						
7.00 - 8.00 <b>Ashtanga</b> Sylvain (J)	6.30 - 7.00 <b>AM Booster</b> Alex (G)	7.00 - 8.00 <b>Power Yoga</b> Sylvain (J)	6.30 - 7.00 <b>TRX Fusion</b> Alex (G)			
9.00 - 10.00 <b>Yin</b> Champa (J)	9.00 - 10.00 <b>Soma Pilates</b> Maudaline (J)		9.30 - 10.30 <b>Vinyasa 1</b> Alfonso (J)	9.00 - 10.00 <b>Hatha 1</b> Sylvain (J)		9.45 - 10.45 <b>Vinyasa 1-2</b> Champa (J)
				10.30 - 11.30 <b>Soma Pilates</b> Tika (J)	10.00 - 10.45 <b>Body Bar</b> Victorien (M)	10.30 - 11.00 <b>TRX Fusion</b> Anthony (G)
					11.00 - 11.45 <b>Spin Bootcamp</b> Christophe (M)	11.15 - 12.00 <b>X-Plosive</b> Anthony (M)
						11.00 - 12.00 <b>Yin</b> Champa (J)

No group classes  
Monday, Sept 8  
Thanks Giving

<b>LUNCHTIME</b>						
12.15 - 12.45 <b>Insanity</b> Éric (M)	12.15 - 12.45 <b>TRX Fusion</b> Gabriel (G)	12.15 - 12.45 <b>Abs Power</b> Éric (M)	12.15 - 13.00 <b>Body Design</b> Maeva (M)	12.15 - 13.00 <b>Spin Bootcamp</b> Martin (M)	12.15 - 13.00 <b>Follow the coach!</b> Kin	
12.15 - 13.00 <b>Power Yoga</b> Sylvain (J)	12.15 - 13.00 <b>Fitness Pilates</b> Patricia (M)	12.15 - 13.00 <b>Hatha 1-2</b> Alfonso (J)	12.15 - 13.00 <b>Pilates</b> Maudaline (J)	12.15 - 13.00 <b>Vinyasa 1-2</b> Alfonso (J)	12.15 - 13.15 <b>Pilates</b> Mathilde (J)	12.15 - 13.15 <b>Thermomeditation</b> Champa (J)
		13.15 - 14.15 <b>Meditation</b> Alfonso (J)				

<b>EVENING</b>						
	16.00 - 17.00 <b>Yoga Balance</b> Sylvain (J)		16.00 - 17.00 <b>Yoga Posture</b> Sylvain (J)		16.30 - 17.15 <b>Team Training</b> Anthony (M)	16.00 - 16.45 <b>Spinning</b> Martin (M)
17.45 - 18.30 <b>Spinning</b> Andrée-Anne (M)	17.45 - 18.30 <b>Body Bar</b> Éric (M)	17.45 - 18.30 <b>X-Plosive</b> Sami (M)	17.30 - 18.15 <b>Team Training</b> Sami (M)	17.30 - 18.30 <b>Spinning</b> Jacob (M) *		17.00 - 17.45 <b>Body Design</b> Martin (M)
18.00 - 19.00 <b>Hatha 1-2</b> Champa (J)	18.00 - 19.00 <b>Ashtanga</b> Sylvain (J)	18.35 - 19.05 <b>Stronger Upper</b> Sami (M)	18.00 - 19.00 <b>Ashtanga</b> Sylvain (J)	* Starting November 2		
18.40 - 19.10 <b>Stronger Upper</b> Andrée-Anne (M)	18.40 - 19.10 <b>Tabata</b> Maeva (M)	19.15 - 20.00 <b>Spinning</b> Mia (M)	18.20 - 18.50 <b>Abs n' Glutes</b> Sami (M)			
19.05 - 20.05 <b>Pilates</b> Valérie (J)	19.05 - 20.05 <b>Yin</b> Sylvain (J)	19.15 - 20.15 <b>Pilates</b> Tika (J)				
19.15 - 19.45 <b>Abs n' Glutes</b> Andrée-Anne (M)						

Class	Level	
AM Booster	Level 1	♥♥ ♦♦♦♦
Abs Power	Level 1	♥♥ ♦♦♦♦
Abs n' Glutes	Level 1	♥ ♦♦♦♦
Body Bar	Level 1	♥ ♦♦♦♦♦
Body Design	Level 1	♥ ♦♦♦♦
Ball Toning	Level 1	♦♦
Follow the coach	Level 1	♥♥ ♦♦♦♦
Insanity / Tabata	Level 1	♥♥♥♦♦♦♦
Pilates	Level 1	♦♦
Spinning	Level 1	♥♥♥♦♦
Stronger Upper	Level 1	♦♦♦♦♦♦♦
Team training	Level 1	♥♥ ♦♦♦♦
TRX Fusion	Level 1	♥ ♦♦♦♦
X-Plosive	Level 1	♥♥♥♦♦♦♦

**Room**  
G: gym  
M: Multi  
J: Garden  
S: Spa

**Category**  
Strength training  
Bootcamp / HIIT  
Pilates  
Yoga / Meditation

PLEASE SIGN UP BEFORE THE CLASS TO SECURE YOUR SPOT. SPACE IS LIMITED AND PRIORITY IS GIVEN TO MEMBERS WHO ARE REGISTERED