

# GYM GROUP CLASSES SCHEDULE

From June 1st to September 1st 2022





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>STRONG NATION</b> 9 to 10 am Henry Studio 1	<b>SPINNING</b> 9:15 to 10:15 am Samantha Studio 2	<b>CARDIO TONUS</b> 9 to 10 am Henry Studio 1	<b>PILATES</b> 9 to 10 am Samantha Studio 1	<b>BOOTCAMP</b> 9:15 to 10:15 am Samantha Studio 1		
<b>SENIOR GYM (cardio)</b> 10:15 to 11:15 am Henry Studio 1	<b>CORE STRETCH</b> 10:30 to 11:30 am Lysandre Studio 1	<b>SENIOR GYM (strength)</b> 10:15 to 11:15 am Henry Studio 1	<b>STRETCHING &amp; MOBILITY</b> 10:15 to 11:15 am Samantha Studio 1	<b>SENIOR GYM (strength)</b> 10:30 to 11:30 am Samantha Studio 1		
<b>TRX</b> 6 to 7 pm Samantha Studio 1	<b>ZUMBA</b> 6 to 7 pm Youma Studio 3	<b>HIIT</b> 5:30 to 6:30 pm Lysandre Studio 1	<b>ZUMBA</b> 6 to 7 pm Youma Studio 1			
	<b>SPINNING</b> 6:15 to 7 pm Benjamin Studio 2	<b>YOGA-TRX</b> 7 to 8 pm Claudette Studio 2	<b>SPINNING</b> 6:15 to 7 pm Benjamin Studio 2			
	<b>YOGA FLOW</b> 7:15 to 8:15 pm Claudette Studio 2		<b>YOGA FLOW</b> 7:15 to 8:15 pm Benjamin Studio 2			

We reserve the right to permanently cancel a class if a minimum of 5 participants is not reached on a regular basis.

**No classes on:**

- June 24th
- July 1st
- September 2-3-4-5

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**Legend**

-  Cardio
-  Force
-  Flexibilité
-  Mix

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