

GRILLE DE COURS DE GROUPE

Du 6 septembre au 30 décembre 2022

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
STRONG NATION 9h à 10h Henry Studio 1	CARDIO VÉLO* 9h15 à 10h15 Samantha Studio 2	CARDIO TONUS 9h à 10h Henry Studio 1	PILATES 9h à 10h Samantha Studio 1	BOOTCAMP 9h15 à 10h15 Samantha Studio 1	YOGA FLOW 9h à 10h Claudette Studio 3	
GYM SÉNIOR 10h15 à 11h15 Henry Studio 1	ÉTIREMENTS DYNAMIQUES 10h30 à 11h30 Lysandre Studio 1	GYM SÉNIOR (force) 10h15 à 11h15 Henry Studio 1	TRX 10h15 à 11h15 Lysandre Studio 1	GYM SÉNIOR (force) 10h30 à 11h30 Samantha Studio 1	ZUMBA 10h à 11h Youma Studio 1	
TRX* 18h à 19h Samantha Studio 1	ZUMBA 18h à 19h Youma Studio 3		ZUMBA 18h à 19h Youma Studio 3			
CROSSFIT 19h à 20h Yoann Studio 1	CARDIO VÉLO 18h15 à 19h Benjamin Studio 2		CARDIO VÉLO 18h15 à 19h Benjamin Studio 2			
	HIIT 19h à 20h Lysandre Studio 3					
	YOGA FLOW 19h15 à 20h15 Claudette Studio 2					

Légende

	Cardio
	Force
	Flexibilité
	Mix

Nous nous réservons le droit d'annuler définitivement un cours si le minimum de 5 participants n'est pas atteint sur une base régulière.

Pas de cours les dates suivantes:

- 24, 25, 26 décembre

*Cours débutant la semaine du 17 octobre 2022.


Pour toute information supplémentaire concernant nos installations, programmes et services, veuillez contacter:

José-Antonio Olvera

(514) 766-1208 p. 551

jolvera@tennis-ids.com

 facebook.com/tennis.ids

 instagram.com/gymespaceforme

GYM GROUP CLASSES SCHEDULE

From September 6th to December 30th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STRONG NATION 9 to 10 a.m. Henry Studio 1	SPINNING* 9:15 to 10:15 a.m. Samantha Studio 2	CARDIO TONUS 9 to 10 a.m. Henry Studio 1	PILATES 9 to 10 a.m. Samantha Studio 1	BOOTCAMP 9:15 to 10:15 a.m. Samantha Studio 1	YOGA FLOW 9 to 10 a.m. Claudette Studio 3	
SENIOR GYM 10:15 to 11:15 a.m. Henry Studio 1	CORE STRETCH 10:30 to 11:30 a.m. Lysandre Studio 1	SENIOR GYM (strength) 10:15 to 11:15 a.m. Henry Studio 1	TRX 10:15 to 11:15 a.m. Lysandre Studio 1	SENIOR GYM (strength) 10:30 to 11:30 a.m. Samantha Studio 1	ZUMBA 10 to 11 a.m. Youma Studio 1	
TRX* 6 to 7 p.m. Samantha Studio 1	ZUMBA 6 to 7 p.m. Youma Studio 3		ZUMBA 6 to 7 p.m. Youma Studio 3			
CROSSFIT 7 to 8 p.m. Yoann Studio 1	SPINNING 6:15 to 7 p.m. Benjamin Studio 2		CARDIO VÉLO 6:15 to 7 p.m. Benjamin Studio 2			
	HIIT 7 to 8 p.m. Lysandre Studio 3					
	YOGA FLOW 7:15 to 8:15 p.m. Claudette Studio 2					

Legend



	Cardio
	Strength
	Flexibility
	Mix

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 the following dates:

- December 24, 25 & 26th

*Course starts the week of October 17, 2022.

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