

GYM GROUP CLASSES SCHEDULE

From June 1st to August 31st inclusively



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ABS AND GLUTES 9 to 10 am Lysandre Studio 2	FUNCTIONNAL TRAINING 9 to 10 am Lysandre Studio 1			
CARDIO TONUS 9 to 10 am Samantha Studio 1	SPINNING 9 to 10 am Samantha Studio 2	FULL BODY WORKOUT AND TRX 9 to 10 am Samantha Studio 1	PILATES 9 to 10 am Samantha Studio 1	BOOTCAMP 9 to 10 am Samantha Studio 1
SENIOR GYM 10:15 to 11:15 am Samantha Studio 1	PILATES 10:15 to 11:15 am Samantha Studio 1	SENIOR GYM 10:15 to 11:15 am Samantha Studio 1	DYNAMIC STRETCHING 10:15 to 11:15 am Samantha Studio 1	SENIOR GYM 10:15 to 11:15 am Samantha Studio 1
FULL BODY WORKOUT AND TRX 6 to 7 pm Samantha Studio 1	ZUMBA 6 to 7 pm Youma Studio 3			
	SPINNING 6:15 to 7 pm Claudette Studio 2		SPINNING 6:15 to 7 pm Benjamin Studio 2	
	YOGA FLOW 7:15 to 8:15 pm Claudette Studio 2		DYNAMIC STRETCHING 7:15 to 8:15 pm Benjamin 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.

*Some classes may be held outside (on the terrace) at the discretion of the trainer.

No classes on the following dates: June 26, July 3, September 1-4 2023

facebook.com/tennis.ids
 instagram.com/gymespaceforme

For more information about our facilities, programs and services, please contact:

José-Antonio Olvera
 (514) 766-1208 p. 551
 jolvera@tennis-ids.com