

# GYM GROUP CLASSES SCHEDULE

From September 5 to December 30, 2023



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>SPINNING</b> 9 to 10 am Samantha Studio 2					
<b>CARDIO TONUS</b> 9 to 10 am Samantha Studio 1	<b>ABS &amp; GLUTES</b> 9 to 10 am Lysandre Studio 1	<b>KICKBOXING &amp; TRX</b> 9 to 10 am Samantha Studio 1	<b>PILATES</b> 9h à 10h Samantha Studio 1	<b>BOOTCAMP</b> 9:15 to 10:15 am Samantha Studio 1	<b>YOGA FLOW</b> 9 to 10 am Claudette Studio 3	
<b>SENIOR GYM</b> 10:15 to 11:15 am Samantha Studio 1	<b>STABILITY &amp; MOBILITY</b> 10:15 to 11:15 am Lysandre Studio 1	<b>SENIOR GYM</b> 10:15 to 11:15 am Samantha Studio 1	<b>DYNAMIC STRETCHING</b> 10:15 to 11:15 am Samantha Studio 1	<b>SENIOR GYM</b> 10:30 to 11:30 am Samantha Studio 1	<b>ZUMBA</b> 10 to 11 am Youma Studio 2	<b>HIIT</b> 11 to 12 pm Lysandre Studio 1
<b>TRX</b> 6 to 7 pm Samantha Studio 1	<b>ZUMBA</b> 6 to 7 pm Youma Studio 3		<b>ZUMBA</b> 6 to 7 pm Youma Studio 3			
	<b>SPINNING</b> 6:15 to 7 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>DYNAMIC STRETCHING</b> 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.

**No classes on the following dates:**

- October 9, December 24-25-26 2023, January 1st 2024

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[instagram.com/gymespaceforme](https://instagram.com/gymespaceforme)

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

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