

# GYM GROUP CLASSES SCHEDULE

From June 1st to August 31st 2025 inclusively



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>CIRCUIT TRAINING</b> 9 to 10 am Mateo Studio 1		<b>PHYSICAL CONDITIONING</b> 9:30 to 8:30 am Mateo Studio 1	
<b>CARDIO TONUS</b> 9 to 10 am Samantha Studio 1	<b>SPINNING</b> 9 to 10 am Samantha Studio 2	<b>FULL BODY STRENGTH</b> 9 to 10 am Lysandre Studio 1	<b>PILATES</b> 9 to 10 am Samantha Studio 1	<b>BOOTCAMP</b> 9 to 10 am Samantha Studio 1
<b>SENIOR GYM</b> 10:15 to 11:15 am Samantha Studio 1	<b>PILATES</b> 10:15 to 11:15 am Samantha Studio 1	<b>SENIOR GYM</b> 10:15 to 11:15 am Lysandre Studio 1	<b>DYNAMIC STRETCHING</b> 10:15 to 11:15 am Samantha Studio 1	<b>SENIOR GYM</b> 10:15 to 11:15 am Samantha Studio 1
<b>TRX</b> 6 to 7 pm Lysandre Studio 1	<b>ZUMBA</b> 6 to 7 pm Youma Studio 3	<b>CIRCUIT TRAINING</b> 6 to 7 pm Mateo Studio 2	<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 Samantha Studio 2	
	<b>YOGA FLOW</b> 7:15 to 8:15 pm Claudette Studio 3			
				<b>LEGEND</b>
				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 days**

**June 24 and July 1.**



facebook.com/tennis.ids



instagram.com/gymespaceforme

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

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