GYM GROUP CLASSES SCHEDULE

From June 16 to August 31st 2025 inclusively



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CARDIO TONUS	SPINNING	FULL BODY STRENGTH	PILATES	BOOTCAMP
9 to 10 am	9 to 10 am	9 to 10 am	9 to 10 am	9 to 10 am
Samantha	Samantha	Lysandre	Samantha	Samantha
Studio 1	Studio 2	Studio 1	Studio 1	Studio 1
SENIOR GYM	PILATES	SENIOR GYM	DYNAMIC STRETCHING	SENIOR GYM
10:15 to 11:15 am	10:15 to 11:15 am	10:15 to 11:15 am	10:15 to 11:15 am	10:15 to 11:15 am
Samantha	Samantha	Lysandre	Samantha	Samantha
Studio 1	Studio 1	Studio 1	Studio 1	Studio 1
TRX	ZUMBA	SPINNING	ZUMBA	
6 to 7 pm	6 to 7 pm	5:30 to 6:15 pm	6 to 7 pm	
Lysandre	Youma	Samantha	Youma	
Studio 1	Studio 2 YOGA FLOW 7:15 to 8:15 pm Claudette Studio 2	Studio 2 CIRCUIT TRAINING 6 to 7 pm Mateo Studio 1	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.

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

No classes on the following days June 24 and July 1.



facebook.com/tennis.ids

instagram.com/gymespaceforme

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