

# GYM ESPACE FORME GROUP CLASSES SCHEDULE

| MONDAY                                                                            | TUESDAY                                                                            | WEDNESDAY                                                                                    | THURSDAY                                                                                                    | FRIDAY                                                                            | SATURDAY                                                                                  | SUNDAY                                                                                        |
|-----------------------------------------------------------------------------------|------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| <div>HIIT</div> <div>9:00 to 9:45 am</div> <div>Nicolás   Studio 1</div>          |                                                                                    |                                                                                              | <div>ESPACE FORME<br/>RUNNING CLUB</div> <div>7:00 to 8:00 am</div> <div>Nicolás   weather permitting</div> |                                                                                   |                                                                                           |                                                                                               |
| <div>SPINNING</div> <div>9:00 to 10:00 am</div> <div>Samantha   Studio 2</div>    | <div>CARDIO TONUS</div> <div>9:00 to 10:00 am</div> <div>Samantha   Studio 1</div> | <div>FULL BODY<br/>STRENGTH</div> <div>9:00 to 10:00 am</div> <div>Lysandre   Studio 1</div> | <div>PILATES</div> <div>9:00 to 10:00 am</div> <div>Samantha   Studio 1</div>                               | <div>BOOTCAMP</div> <div>9:00 to 10:00 am</div> <div>Samantha   Studio 1</div>    | <div>ASHTANGA<br/>PRANAFLOW</div> <div>9:00 to 10:00 am</div> <div>Alice   Studio 2</div> |                                                                                               |
| <div>SENIOR GYM</div> <div>10:15 to 11:15 am</div> <div>Samantha   Studio 1</div> | <div>PILATES</div> <div>10:15 to 11:15 am</div> <div>Samantha   Studio 1</div>     | <div>SENIOR GYM</div> <div>10:15 to 11:15 am</div> <div>Lysandre   Studio 1</div>            | <div>DYNAMIC<br/>STRETCHING</div> <div>10:15 to 11:15 am</div> <div>Samantha   Studio 1</div>               | <div>SENIOR GYM</div> <div>10:15 to 11:15 am</div> <div>Samantha   Studio 1</div> | <div>ZUMBA</div> <div>10:15 to 11:15 am</div> <div>Youma   Studio 2</div>                 | <div>HIIT</div> <div>10:00 to 10:45 am</div> <div>Lysandre   Studio 1</div>                   |
|                                                                                   |                                                                                    |                                                                                              |                                                                                                             |                                                                                   |                                                                                           | <div>DYNAMIC<br/>STRETCHING</div> <div>11:00 to 11:45 am</div> <div>Lysandre   Studio 1</div> |
| <div>TRX</div> <div>6:00 to 7:00 pm</div> <div>Samantha   Studio 1</div>          |                                                                                    |                                                                                              |                                                                                                             |                                                                                   |                                                                                           |                                                                                               |
| <div>ZUMBA</div> <div>7:00 to 8:00 pm</div> <div>Youma   Studio 2</div>           | <div>SPINNING</div> <div>6:00 to 6:45 pm</div> <div>Claudette   Studio 2</div>     | <div>ZUMBA</div> <div>6:30 to 7:30 pm</div> <div>Youma   Studio 2</div>                      | <div>SPINNING</div> <div>6:00 to 6:45 pm</div> <div>Samantha   Studio 2</div>                               |                                                                                   |                                                                                           |                                                                                               |
|                                                                                   | <div>YOGA FLOW</div> <div>7:00 to 8:00 pm</div> <div>Claudette   Studio 2</div>    | <div>CIRCUIT TRAINING</div> <div>7:00 to 7:45 pm</div> <div>Nicolás   Studio 1</div>         |                                                                                                             |                                                                                   |                                                                                           |                                                                                               |

CARDIO

FLEXIBILITY

STRENGTH

MIX