

# GYM ESPACE FORME GROUP CLASSES SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<b>HIIT</b> 9:00 to 9:45 am Nicolás   Studio 1					
<b>CARDIO TONUS</b> 9:00 to 10:00 am Ianis   Studio 1	<b>SPINNING</b> 9:00 to 10:00 am Samantha   Studio 2	<b>FULL BODY STRENGTH</b> 9:00 to 10:00 am Lysandre   Studio 1	<b>PILATES</b> 9:00 to 10:00 am Samantha   Studio 1	<b>BOOTCAMP</b> 9:00 to 10:00 am Samantha   Studio 1	<b>ASHTANGA PRANAFLOW</b> 9:00 to 10:00 am Alice   Studio 2	
<b>SENIOR GYM</b> 10:15 to 11:15 am Ianis   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>HIIT</b> 10:00 to 10:45 am Lysandre   Studio 1
					<b>ZUMBA</b> 11:00 to 12:00 pm Youma   Studio 2	<b>DYNAMIC STRETCHING</b> 11:00 to 11:45 am Lysandre   Studio 1
<b>TRX</b> 6:00 to 7:00 pm Jérémie   Studio 1						
<b>ZUMBA</b> 7:00 to 8:00 pm Youma   Studio 1	<b>SPINNING</b> 6:00 to 6:45 pm Claudette   Studio 2	<b>CIRCUIT TRAINING</b> 7:00 to 7:45 pm Nicolás   Studio 1	<b>SPINNING</b> 6:00 to 6:45 pm Nicolás   Studio 2			
	<b>YOGA FLOW</b> 7:00 to 8:00 pm Claudette   Studio 2	<b>ZUMBA</b> 7:00 to 8:00 pm Youma   Studio 2				

**Planned holiday**

- April 3-4-5-6
- May 16-17-18

- CARDIO
- FLEXIBILITY
- STRENGTH
- MIX