

HORAIRE COURS EN GROUPE

GROUP CLASS SCHEDULE

SESSION D'AUTOMNE 2023 | 2023 FALL SESSION



CLUB SPORTIF

Lun/Mon	Mar/Tues	Mer/Wed	Jeu/Thurs	Ven/Fri	Sam/Sat	Dim/Sun
07h00-08h00 YOGA HATHA Luis	07h00-08h00 HIIT CIRCUIT Luis	07h15-08h00 POWER RIDE Ekaterina	07h00-08h00 YOGA FLOW Véronique			
					09h30-10h25 ESSEINTRICS Kathleen	10h00-11h00 YOGA FLOW Alejandro
		11h00-11h55 ESSEINTRICS Sumara	11h00-11h55 PILATES Chantal	11h00-11h55 ESSEINTRICS Sumara	10h00-11h15 ENDURANCE RIDE Tony	10h00-11h00 POWER RIDE Nathalie L.
12h00-13h00 YOGA KATONAH Chelsea	12h00-13h00 PILATES Sasha	12h00-13h00 FUNCTIONAL Erin		12h00-13h00 FLOW YOGA Yaelle	10h30-11h30 TOTAL BARRE Kathleen	10h00-11h00 BOOTCAMP Caroline
12h00-13h00 HIIT CIRCUIT Luis				12h05-13h00 BOOTCAMP Carrie	10h30-11h30 LATIN GROOVE AnaMaria	
12h10-12h55 INTERVALS Nathalie L.	12h10-12h55 BEAT RIDE Kevin	12h10-12h55 INTERVALS Dominic	12h10-12h55 POWER RIDE Ekaterina	12h10-12h55 POWER RIDE Nathalie L.	11h35-12h30 TOTAL SCULPT Tony	
12h15-13h00 TOTAL SCULPT Caroline	12h00-12h50 FORCE 50 Nathalie L.	12h15-13h00 STEP & SCULPT Caroline	12h00-13h00 JAZZ WORKOUT Chantal	12h15-13h00 STEP IT UP! Caroline		
17h30-18h30 PILATES Chantal	17h30-18h30 YOGA KATONAH Chelsea	17h30-18h30 ESSEINTRICS Dominique	17h30-18h25 PILATES Sasha		Dès le 18 septembre 2023 As of September 18, 2023	
17h30-18h25 TOTAL SCULPT Niki	17h30-18h25 CARDIO DANSE Uriel	17h30-18h25 LATIN GROOVE AnaMaria	17h30-18h25 CARDIO DANSE Uriel	17h30-18h25 AFRO-FITNESS Lorene		
18h00-19h00 HIIT CIRCUIT Luis				17h30-18h30 FUNCTIONAL Erin		
18h30-19h30 BEAT RIDE Gustavo	18h00-18h45 POWER RIDE Tony	17h30-18h15 INTERVALS Tony	17h30-18h15 BEAT RIDE Linda			
18h30-19h30 TOTAL BARRE Niki	18h30-20h00 BALLET Andrei	18h30-19h30 TOTAL SCULPT Tony	18h30-19h25 TOTAL BARRE Christina			
18h35-19h35 YOGA HATHA Nathalie R.	18h35-19h35 STRETCH IT UP! Uriel	18h35-19h35 YOGA FLOW Alejandro	19h30-21h00 BALLET Andrei			

N Nouveauté : cours/heure/instructeur/studio
New: class /time/instructor/studio

STUDIOS :

- VÉLO CITY
- SERENITY
- TEMPO
- ZONE-X
- PALESTRA

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