

HORAIRE COURS EN GROUPE

GROUP CLASS SCHEDULE



CLUB SPORTIF

SESSION DE PRINTEMPS 2024 | 2024 SPRING SESSION

Lun/Mon	Mar/Tues	Mer/Wed	Jeu/Thurs	Ven/Fri	Sam/Sat	Dim/Sun
07h00-08h00 YOGA HATHA Luigi	07h00-08h00 HIIT CIRCUIT Luigi	07h15-08h00 POWER RIDE Ekaterina	07h00-08h00 YOGA FLOW Véronique			09h15-10h10 HIIT CIRCUIT Nathalie L.
11h00-11h55 STRETCH IT UP! Uriel		11h00-11h55 ESSEINTRICS® Stéphanie	11h00-11h55 PILATES Chantal	11h00-11h55 ESSEINTRICS® Stéphanie	09h30-10h25 ESSEINTRICS® Vahé	10h00-11h00 YOGA FLOW Stella
12h00-13h00 YOGA POWER Meryem	12h00-12h50 FORCE 50 Nathalie L.	12h10-13h00 TOTAL BARRE Katie	12h05-13h05 STRETCH IT UP! Uriel	12h05-13h05 FLOW YOGA Stella	10h00-11h15 ENDURANCE RIDE Tony	10h00-11h00 BOOTCAMP Caroline
12h00-13h00 HIIT CIRCUIT Luigi	12h05-13h05 PILATES Sasha	12h10-12h55 INTERVALS Dominic	12h05-13h00 HIIT CIRCUIT Nathalie L.	12h00-13h00 BOOTCAMP Laura	10h35-11h35 TOTAL BARRE Niki	10h30-11h30 POWER RIDE Nathalie L.
12h10-12h55 INTERVALS Nathalie L.		12h10-12h55 BOXE-FIT Sofia	12h10-12h55 PUMP IT UP! Baha	12h10-12h55 POWER RIDE Nathalie L.	10h30-11h30 LATIN GROOVE AnaMaria	11h15-12h15 PILATES Chantal
12h10-12h55 BOXE-FIT Harry	17h30-18h30 YOGA POWER Katie	12h15-13h00 STEP & SCULPT Caroline		12h15-13h00 STEP IT UP! Caroline	11h00-12h00 ATHLETIC WORKOUT Luigi	
12h15-13h00 TOTAL SCULPT Caroline	17h30-18h25 CARDIO DANSE Uriel	17h30-18h30 ESSEINTRICS® Dominique	17h30-18h25 TOTAL BARRE Christina	17h30-18h30 TOTAL BARRE Carrie	11h35-12h30 TOTAL SCULPT Tony	
17h30-18h30 PILATES Chantal		17h30-18h25 LATIN GROOVE AnaMaria	17h30-18h25 CARDIO DANSE Uriel	17h30-18h15 TOTAL SCULPT Jihene	<p>Dès le 31 mai 2024 As of May 31, 2024</p> <p>STUDIOS :</p> <ul style="list-style-type: none"> VÉLO CITY SERENITY TEMPO PALESTRA ZONE-X L'ARÈNE <p>N Nouveauté : cours/heure/instructeur New: class /time/instructor</p> <p>MAA CLUB SPORTIF 2070, rue Peel, Montréal, QC H3A 1W6 (514) 845-2233, poste 0 infomaa@clubsportifmaa.com www.clubsportifmaa.com</p>	
17h30-18h25 TOTAL SCULPT Niki		17h30-18h15 INTERVALS Tony	17h30-18h30 BOXE-FIT Luigi			
	18h00-18h45 POWER RIDE Tony	18h00-19h00 BOXE-FIT Harry				
18h00-19h00 HIIT CIRCUIT Luigi		18h30-19h30 HIIT CIRCUIT Luigi				
18h30-19h30 TOTAL SCULPT Jihene	18h30-19h30 STRETCH IT UP! Uriel	18h30-19h30 TOTAL SCULPT Tony	18h30-19h30 MAA Combat Jihene			
18h35-19h25 TOTAL BARRE Niki	18h35-20h00 BALLET Andrei	18h35-19h35 YOGA POWER Meryem				