

HORAIRE COURS EN GROUPE

GROUP CLASS SCHEDULE



CLUB SPORTIF

Dès le 7 janvier 2025 | Starting January 7, 2025

Lun/Mon	Mar/Tues	Mer/Wed	Jeu/Thurs	Ven/Fri	Sam/Sat	Dim/Sun
	07h00-08h00 HIIT CIRCUIT Luigi	07h15-08h00 POWER RIDE Ekaterina	07h00-08h00 ATHLETIC WORKOUT Luigi		09h30-10h30 ATHLETIC WORKOUT Jonathan	09h15-10h10 HIIT CIRCUIT Nathalie
07h00-08h00 YOGA HATHA Luigi			07h00-08h00 YOGA FLOW Véronique		09h30-10h25 ESSEINTRICS® Vahé	10h00-11h00 YOGA FLOW Stella
11h00-11h55 STRETCH IT UP! Uriel		11h00-11h55 ESSEINTRICS® Stéphanie	11h00-11h55 STRETCH IT UP! Uriel	11h00-11h55 ESSEINTRICS® Stéphanie	09h30-10h25 TOTAL SCULPT Niki	
		12h00-13h00 BOOTCAMP Laura	11h00-11h50 AQUA-FITNESS Jennifer	12h00-13h00 BOOTCAMP Laura	10h00-11h15 ENDURANCE RIDE Tony	10h30-11h30 POWER RIDE Nathalie
12h00-13h00 YOGA ASHTANGA Ari	12h05-13h05 PILATES Sasha	12h10-13h00 TOTAL BARRE Katie	12h05-13h05 PILATES Chantal	12h05-13h05 FLOW YOGA Ari	10h30-11h30 LATIN GROOVE AnaMaria	10h00-11h00 BOOTCAMP Caroline
12h10-12h55 INTERVALS Nathalie		12h10-12h55 INTERVALS Ekaterina		12h10-12h55 POWER RIDE Nathalie	10h35-11h35 TOTAL BARRE Niki	11h15-12h15 PILATES Chantal
12h15-13h00 TOTAL SCULPT Caroline	12h00-12h50 FORCE 50 Nathalie	12h15-13h00 STEP & SCULPT Caroline	12h05-13h05 CARDIO DANSE Uriel	12h15-13h00 STEP IT UP! Caroline	11h35-12h30 TOTAL SCULPT Tony	
12h00-13h00 HIIT CIRCUIT Luigi	12h05-13h00 HIIT Jonathan		12h05-13h00 MEGA HIIT Éli & Jonathan		11h00-12h00 HIIT CIRCUIT Jonathan	
12h10-13h00 BOXE-FIT Harry		12h10-13h00 BOXE-FIT Sofia		12h10-13h00 BOXE-FIT Sofia	11h45-12h45 PILATES Chantal	
		13h05-13h35 FLEX & MOBI Laura		13h05-13h35 FLEX & MOBI Laura	STUDIOS : ESPACE 0 VÉLO CITY SERENITY TEMPO PALESTRA ZONE-X L'ARÈNE N Nouveauté : cours/heure/instructeur New: class /time/instructor * Cours avancé, approbation requise Advanced class, approval required MAA CLUB SPORTIF 2070, rue Peel, Montréal, QC H3A 1W6 (514) 845-2233 infomaa@clubsportifmaa.com www.clubsportifmaa.com	
17h30-18h30 PILATES Chantal	17h30-18h30 YOGA POWER Katie	17h30-18h30 ESSEINTRICS® Dominique	17h30-18h25 TOTAL BARRE Christina	17h30-18h30 TOTAL BARRE Carrie		
17h30-18h25 TOTAL SCULPT Niki	17h30-18h25 CARDIO DANSE Uriel	17h30-18h25 LATIN GROOVE AnaMaria	17h30-18h25 CARDIO DANSE Uriel	17h30-18h15 TOTAL SCULPT Jihene		
	18h00-18h45 POWER RIDE Tony	17h30-18h15 INTERVALS Tony	17h30-18h30 NINJA FITNESS* Janika			
17h30-18h30 BOOTCAMP Jonathan		18h00-19h00 BOXE-FIT Harry	17h30-18h30 BOXE-FIT Luigi			
18h30-19h30 HIIT CIRCUIT Luigi	17h30-18h30 HIIT Laura	18h30-19h30 ATHLETIC WORKOUT Luigi				
18h35-19h30 STEP & 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				