

HORAIRE COURS EN GROUPE

GROUP CLASS SCHEDULE



Dès le 11 septembre 2025 | Starting September 11, 2025

CLUB SPORTIF

Lun/Mon	Mar/Tues	Mer/Wed	Jeu/Thurs	Ven/Fri	Sam/Sat	Dim/Sun
	07h00-08h00 HIIT CIRCUIT Luigi	07h15-08h00 ENDURANCE RIDE Luigi	07h00-08h00 ATHLETIC WORKOUT Luigi	07h00-08h00 HIIT Laura	09h30-10h30 ATHLETIC WORKOUT Guillaume	09h15-10h10 HIIT CIRCUIT Nathalie
07h00-08h00 YOGA HATHA Luigi			07h00-08h00 YOGA FLOW Véronique		09h30-10h25 ESSENTRICS® Vahé	10h00-11h00 YOGA FLOW Stella
11h00-11h55 STRETCH IT UP! Uriel	11h00-12h00 PILATES Sasha	11h00-11h55 ESSENTRICS® Stéphanie	11h00-11h55 STRETCH IT UP! Uriel	11h00-12h00 MAA FORCE Laura	09h30-10h25 TOTAL SCULPT AnaMaria	
		12h00-13h00 BOOTCAMP Laura	12h00-13h00 AQUA-HIIT Caroline	12h00-13h00 BOOTCAMP Laura	10h00-11h15 ENDURANCE RIDE Tony	10h30-11h30 POWER RIDE Nathalie
12h00-13h00 YOGA ASHTANGA Ari	12h05-13h05 ESSENTRICS® Vahé	12h10-13h00 TOTAL BARRE Kathia	12h05-13h05 PILATES Sasha	12h05-13h05 YOGA FLOW Ari	10h30-11h30 CARDIO DANSE AnaMaria	10h00-11h00 BOOTCAMP Caroline
12h10-12h55 INTERVALS Nathalie	12h00-13h00 INTVL COURSE/JOG Élisabeth	12h10-12h55 INTERVALS Ekaterina		12h10-12h55 POWER RIDE Nathalie	10h35-11h35 TOTAL BARRE Dahlia	11h15-12h15 PILATES Erin
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	11h00-12h00 HIIT CIRCUIT Guillaume	
12h00-13h00 MAA FORCE Jonathan	12h05-13h00 HIIT Jonathan		12h05-13h00 HIIT CIRCUIT Laura		11h35-12h30 TOTAL SCULPT Tony	
12h10-13h00 BOXE-FIT Harry		12h10-13h00 BOXE-FIT Sofia		12h10-13h00 BOXE-FIT Sofia	11h45-12h45 PILATES Dahlia	
		13h05-13h35 FLEX & MOBI Laura		13h05-13h35 FLEX & MOBI Laura		
17h30-18h30 PILATES Erin	17h30-18h30 YOGA POWER Kathia	17h30-18h30 ESSENTRICS® Dominique	17h30-18h25 TOTAL BARRE Christina	17h30-18h30 TOTAL BARRE Carrie	ENDROITS LOCATIONS ESPACE O VÉLO CITY SERENITY TEMPO PALESTRA ZONE-X L'ARÈNE EXTÉRIEUR RDVS dans le lobby Meet in the lobby NOUVEAUTÉ NEW N Cours/Heure/ Instructeur Class/Time/ Instructor	
17h30-18h25 TOTAL SCULPT Niki	17h30-18h25 CARDIO DANSE Uriel	17h30-18h25 CARDIO DANSE AnaMaria	17h30-18h25 CARDIO DANSE Uriel	17h30-18h15 TOTAL SCULPT Jihene		
17h30-18h30 HIIT CIRCUIT Laura	17h30-18h30 HIIT CIRCUIT Laura	17h30-18h30 ATHLETIC WORKOUT Laura		17h30-18h30 MAA FORCE Jonathan		
17h30-18h25 AQUA-HIIT Caroline	18h00-18h45 POWER RIDE Tony	17h30-18h15 INTERVALS Tony	17h30-18h15 BEAT RIDE Mathieu			
17h30-18h30 BOOTCAMP Jonathan	18h30-19h30 MAA FORCE Laura	18h00-19h00 BOXE-FIT Harry				
18h30-19h15 BEAT RIDE Kacem	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	18h35-19h25 TOTAL BARRE AnaMaria				
					MAA CLUB SPORTIF 2070, rue Peel, Montréal, QC H3A 1W6 (514) 845-2233 infomaa@clubsportifmaa.com www.clubsportifmaa.com	