

GROUP.X SCHEDULE

BROSSARD

JUNE 5TH TO SEPTEMBER 3RD

For any questions or comments please contact dbouchergagnon@clubmansfield.ca

Classes are subject to cancellation, based on attendance.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

SPINNING 6H - 6H45 PHILIPPE ✓		SPINNING 6H - 6H45 PHILIPPE ✓				
SHRED N' TRED ® 7H15 - 8H SARAH P. ✓		SHRED N' TRED ® 7H15 - 8H SARAH P. ✓		SHRED N' TRED ® 7H15 - 8H SARAH P. ✓	SPINNING 9H - 10H LOUIS ✓	SPIN 90 9H - 10H30 MIKE ✓
SPINNING 9H - 10H NANCY ✓			SPINNING 9H - 10H HEATHER ✓	SPINNING 9H - 10H ERIN ✓	MAC BODY BAR 9H - 10H ERIN ✓	ENTRAÎNEMENT ULTIME 9H - 10H SARAH P.
BODY CHALLENGE 8H30 - 10H MYLÈNE ✓	HIIT 9H - 10H ERIN ✓	PILATES 9H - 10H ERIN ✓	BODY CHALLENGE 9H - 10H DAPHNÉE ✓	PIYO ® 9H - 10H GUYLAINE	ZUMBA ® 10H10 - 11H10 LAURA-LYNE	YOGA VINYASA 10H - 11H SYLVIE
HATHA YOGA 10H10 - 11H10 VANESSA	MAC BODY BAR 10H10 - 11H10 ERIN ✓	HATHA YOGA 10H - 11H VANESSA		BODY CHALLENGE 10H10 - 11H10 MYLÈNE		
BOXE 11H - 12H DAN	BOXE 10H30 - 11H30 KALEE	ZUMBA ® 11H - 12H GENNY	BOXE 10H30 - 11H30 KALEE	BOXE 11H - 12H DAN		ZUMBA ® 11H30 - 12H30 LAURA-LYNE
SPINNING 12H - 13H NANCY ✓	SPINNING 12H - 13H FANNIE ✓			SPINNING 12H - 13H MIKE ✓	YOGA ASHTANGA 12H30 - 14H ARI PAPAS	
BODY CHALLENGE 12H - 13H MYLÈNE	SHRED N' TRED ® 12H15 - 13H SARAH P. ✓	BODY CHALLENGE 12H - 13H MYLÈNE	ZUMBA ® 12H - 13H DOMINIQUE	SHRED N' TRED ® 12H15 - 13H SARAH P. ✓		
	ZUMBA ® 12H - 13H DOMINIQUE	BODY CHALLENGE/BAR 16H45 - 18H15 DAPHNÉE		HATHA YOGA 12H - 13H15 CAROLE		
ZUMBA ® 16H25 - 17H25 JADE	HIIT 17H - 17H45 NIKI	VÉLO EXTÉRIEUR 18H - 19H MARTIN	MAC BODY BAR 17H30 - 18H30 DOMINIQUE			
HATHA YOGA 17H25 - 18H25 TATIANA	SPINNING 18H - 19H MARTIN ✓	SPINNING 18H - 19H ÉRIC ✓	SPIN 45 18H - 18H45 MARTIN ✓			
SPINNING 18H - 19H MIKE ✓	METCON 18H - 19H DIANA ✓	HIIT 18H15 - 19H15 SARAH P.	METCON 18H - 19H DIANA ✓			
BODY CHALLENGE 18H30 - 19H30 DAPHNÉE ✓	ZUMBA ® 18H - 19H LAURA-LYNE	BOXE 18H30 - 19H30 KALEE	ZUMBA ® 18H30 - 19H30 JORGE	ZUMBA STEP ® 18H30 - 19H30 LAURA-LYNE		
BOXE 18H30 - 19H30 KALEE	ROCKIN' BOTTOM 19H - 20H SARAH P.	HATHA YOGA 19H15 - 20H30 CAROLE				
CIRCUIT BOOTCAMP 19H30 - 20H30 HANNA		SPINNING 19H15 - 20H15 LOUIS ✓	HATHA YOGA 19H30 - 20H30 VANESSA	ZUMBA ® 19H30 - 20H30 LAURA-LYNE		
		ZUMBA ® 20H30 - 21H30 LAURA-LYNE				

LEGEND

AIM STUDIO (SPINNING)

FUNCTIONAL TRAINING STUDIO

AEROBIC STUDIO

SYNTHETIC SURFACE

OUTDOORS

✓ **RESERVATION REQUIRED**



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Class times, formats and instructors are subject to change. Please visit clubmansfield.ca/group-exercise to consult the latest version of the schedule.