

GROUP.X SCHEDULE

BROSSARD

SEPTEMBER 5TH - DECEMBER 24TH

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

Classes are subject to cancellation, based on attendance.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

AM

SPINNING 6H - 7H JULIE ✓		SPINNING 6H - 6H45 PHILIPPE ✓		SPINNING 6H - 6H45 PHILIPPE ✓	YOGA 7H45 - 9H CAROLE	
TREAD N' SHRED® 7H15 - 8H SARAH P. ✓		TREAD N' SHRED® 7H15 - 8H SARAH P. ✓	STRIDE & BURN 6H45 - 7H30 STÉPHANIE ✓	BODY CHALLENGE 8H30 - 10H MYLÈNE ✓	SPIN 90 8H30 - 10H ÉRIC ✓	SPIN 90 9H - 10H30 MIKE ✓
SPINNING 9H - 10H NANCY ✓		SPINNING 9H - 10H MARIE-CLAUDE ✓		SPINNING 9H - 10H ERIN ✓	MAC BODY BAR 9H05 - 10H05 LAURA-LYNE ✓	ENTRAÎNEMENT ULTIME 9H - 10H SARAH P.
BODY CHALLENGE 8H30 - 10H MYLÈNE ✓	TABATA 9H - 10H GUYLAINE ✓	MAC BODY BAR 9H - 10H ERIN ✓	HIIT 9H - 10H ERIN ✓	SKIP & TONE 9H - 10H CAROLYN	SPINNING 10H15 - 11H15 ERIN/HEATHER ✓	YOGA VINYASA 9H - 10H SYLVIE
HATHA YOGA 10H10 - 11H25 VANESSA	ZUMBA 10H10 - 11H10 JADE	HATHA YOGA 10H10 - 11H10 VANESSA	PILATES 10H05 - 11H05 ERIN	ZUMBA® 10H15 - 11H15 JADE	BODY CHALLENGE 10H15 - 11H15 MYLÈNE	STRONG BY ZUMBA 10H15 - 11H15 KARINA
	BOXE 10H15 - 11H15 DAN ✓		BOXE 10H15 - 11H15 DAN ✓	HATHA YOGA 12H - 13H15 CAROLE	POUND FITNESS 11H15 - 12H15 KARINE ✓	SPINNING 10H45 - 11H45 LOUIS ✓
SPINNING 12H - 13H NANCY ✓	BODY CHALLENGE 12H - 13H MYLÈNE	ZUMBA® 12H - 13H GENNY	SPINNING 12H - 13H MARIE-CLAUDE ✓	SPINNING 12H - 13H MIKE ✓		ZUMBA® 11H30 - 12H30 KARINA
ZUMBA 12H - 13H KARINA	STRIDE & BURN 12H15 - 13H STÉPHANIE ✓	MUSCLE UP TABATA 12H - 13H CAROLYN	BODY CHALLENGE 12H - 13H MYLÈNE	TREAD N' SHRED® 12H15 - 13H PAMÉLA ✓		

LEGEND

AIM STUDIO (SPINNING)

FUNCTIONAL TRAINING STUDIO

AEROBIC STUDIO

SYNTHETIC SURFACE

✓ **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.

PM

	HIIT 45 17H - 17H45 NIKI	BODY CHALLENGE 75 17H - 18H15 DAPHNÉ	HATHA YOGA 17H25 - 18H25 VANESSA	SPIN XPRESS 18H - 18H45 LOUIS ✓
HATHA YOGA 17H25 - 18H25 TATIANA	SPINNING 18H - 19H MARTIN ✓	SPINNING 18H - 19H ÉRIC ✓	FIT TO FLEX 18H30 - 19H30 DAPHNÉ ✓	
SPINNING 18H - 19H MIKE ✓	METCON 18H - 19H DIANA ✓	ZUMBA® 18H20 - 19H20 JORGE	SPIN XPRESS 18H - 18H45 MARTIN ✓	
BODY DESIGN 18H30 - 19H30 DAPHNÉ ✓	MAC BODY BAR 18H - 19H DAPHNÉ ✓	BOXE 18H30 - 19H30 KALEE ✓	METCON 18H - 19H DIANA ✓	ZUMBA STEP® 18H30 - 19H30 LAURA-LYNE
BOXE 18H30 - 19H30 KALEE ✓	TREAD N' SHRED® 19H - 19H45 SARAH P. ✓	HATHA YOGA 19H25 - 20H25 CAROLE	TREAD N' SHRED® 19H - 19H45 SARAH P. ✓	
SPIN XPRESS 19H15 - 20H MICHEL G. ✓	POUND FITNESS 19H15 - 20H15 KARINE ✓	SPINNING 19H15 - 20H15 LOUIS ✓	STRONG BY ZUMBA 19H30 - 20H30 KARINA	ZUMBA® 19H30 - 20H30 LAURA-LYNE
CIRCUIT BOOTCAMP 19H35 - 20H35 HANNA	SPINNING 19H15 - 20H15 PHILIPPE ✓	ZUMBA® 20H30 - 21H30 LAURA-LYNE		