

GROUP.X SCHEDULE

BROSSARD

NOVEMBER 14TH - 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 ✓		SPIN XPRESS 6H - 6H45 PHILIPPE ✓		SPIN XPRESS 6H - 6H45 PHILIPPE ✓	YOGA 7H45 - 9H CAROLE	
TREAD N' SHRED ° 7H15 - 8H SARAH P. ✓		TREAD N' SHRED ° 7H15 - 8H SARAH P. ✓		TREAD N' SHRED ° 7H15 - 8H STÉPHANIE ✓	SPIN 90 8H30 - 10H ÉRIC ✓	SPIN 90 9H - 10H30 MIKE ✓
BODY CHALLENGE 8H30 - 10H MYLÈNE ✓		SPINNING 9H - 10H MARIE-CLAUDE ✓		BODY CHALLENGE 8H30 - 10H MYLÈNE ✓	MAC BODY BAR 9H05 - 10H05 LAURA-LYNE ✓	ENTRAÎNEMENT ULTIME 9H - 10H SARAH P. ✓
SPINNING 9H - 10H NANCY ✓	TABATA 9H - 10H GUYLAINE ✓	MAC BODY BAR 9H - 10H ERIN ✓	HIIT 9H - 10H ERIN ✓	SPINNING 9H - 10H ERIN ✓	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	ENTRAÎNEMENT ULTIME 9H - 10H SARAH P.	BODY CHALLENGE 10H15 - 11H15 MYLÈNE ✓	STRONG BY ZUMBA 10H15 - 11H15 KARINA
	BOXE 10H15 - 11H15 DAN ✓		BOXE 10H15 - 11H15 DAN ✓	ZUMBA ° 10H10 - 11H10 JADE		SPINNING 10H45 - 11H45 LOUIS ✓
SPINNING 12H - 13H NANCY ✓	BODY CHALLENGE 12H - 13H MYLÈNE	ZUMBA ° 12H - 13H GENNY		HATHA YOGA 12H - 13H15 CAROLE		ZUMBA ° 11H30 - 12H30 KARINA
ZUMBA 12H - 13H KARINA	STRIDE & BURN 12H15 - 13H STÉPHANIE ✓	ENTRAÎNEMENT ULTIME 12H - 13H PASCALE	BODY CHALLENGE 12H - 13H MYLÈNE	SPINNING 12H - 13H MIKE ✓		

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	TREAD N' SHRED ° 12H15 - 13H PAMÉLA ✓
HATHA YOGA 17H25 - 18H25 CAROLE	SPINNING 18H - 19H MARTIN ✓	SPINNING 18H - 19H ÉRIC ✓	FIT TO FLEX 18H30 - 19H30 DAPHNÉ ✓	SPIN XPRESS 18H - 18H45 LOUIS ✓
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	BOXE 19H - 20H KALEE ✓	
CIRCUIT BOOTCAMP 19H35 - 20H35 HANNA	POUND FITNESS 19H15 - 20H15 KARINE	SPINNING 19H15 - 20H15 LOUIS ✓	TREAD N' SHRED ° 19H - 19H45 SARAH P. ✓	ZUMBA ° 19H30 - 20H30 LAURA-LYNE
ZUMBA ° 20H40 - 21H40 LAURA-LYNE		ZUMBA ° 20H30 - 21H30 LAURA-LYNE	STRONG BY ZUMBA 19H30 - 20H30 KARINA	