

GROUP.X SCHEDULE

BROSSARD

APRIL 3RD - JUNE 25TH 2018

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 ✓		
	TREAD N' SHRED ° 7H15 - 8H SARAH P. ✓		TREAD N' SHRED ° 7H15 - 8H SARAH P. ✓		TREAD N' SHRED ° 7H15 - 8H PAMELA ✓		ENTRAÎNEMENT ULTIME 9H - 10H SARAH P. ✓
	BODY CHALLENGE 90 8H30 - 10H MYLÈNE ✓	TABATA SANS POIDS 9H - 10H GUYLAINE ✓	MAC BODY BAR 9H - 10H ERIN	HIIT 9H - 10H ERIN ✓	BODY CHALLENGE 90 8H30 - 10H MYLÈNE ✓	MAC BODY BAR 9H - 10H LAURA LYNE ✓	YOGA VINYASA 9H30 - 10H30 SYLVIE
	SPINNING 9H - 10H NANCY ✓		SPINNING 9H - 10H MARIE-CLAUDE ✓		SPINNING 9H - 10H ERIN ✓	SPINNING 9H - 10H HEATHER ✓	SPIN 90 9H - 10H30 LOUIS ✓
	HATHA YOGA 10H10 - 11H25 VANESSA	PILATES 10H10 - 11H10 ERIN	HATHA YOGA 10H10 - 11H10 VANESSA	PILATES 10H10 - 11H10 ERIN	HIIT 10H15 - 11H MYLÈNE ✓	YOGA 75 10H05 - 11H20 CAROLE	STRONG BY ZUMBA ° 10H40 - 11H40 KARINA
		BOXE 10H15 - 11H15 DAN ✓		BOXE 10H15 - 11H15 DAN ✓	TONUS TOTALE 11H - 12H GEORGETA	SPINNING 10H15 - 11H15 ERIN ✓	SPINNING 10H45 - 11H45 LOUIS ✓
	ZUMBA ° 12H - 13H KARINA	BODY CHALLENGE 12H - 13H MYLÈNE	ZUMBA ° 12H - 13H KARINA	BODY CHALLENGE 12H - 13H MYLÈNE	HATHA YOGA 75 12H - 13H15 CAROLE	ZUMBA ° 11h30 - 12H30 JORGE	ZUMBA ° 11H45 - 12H45 KARINA
	SPINNING 12H - 13H NANCY ✓	STRIDE & BURN 12H15 - 13H PAMELA ✓			TREAD N' SHRED ° 12H15 - 13H PAMELA ✓	CIRCUIT BOOTCAMP 12H30 - 13H35 HANNA	
			SPINNING 12H - 13H MARIE-CLAUDE ✓		SPINNING 12H - 13H ÉLODIE ✓		
	PM	HATHA YOGA 17H15 - 18H15 CAROLE	HIIT 45 17H - 17H45 NIKI	BODY CHALLENGE 75 17H - 18H15 DAPHNÉ	HATHA YOGA 17H15 - 18H15 VANESSA		
SPINNING 18H - 19H LOUIS ✓		SPINNING 18H - 19H MARTIN ✓	SPINNING 18H - 19H ÉRIC ✓	SPINNING 18H - 19H MARTIN ✓			
BODY DESIGN 18H25 - 19H25 DAPHNÉ ✓		FIT TO FLEX 18H - 19H15 DAPHNÉ ✓	ZUMBA ° 18H20 - 19H20 JORGE	HIIT 18H30 - 19H30 DAPHNÉ ✓			
		METCON 18H - 19H DIANA ✓	BOXE 18H30 - 19H30 DIANA ✓	METCON 18H - 19H DIANA ✓	ZUMBA ° 18H40 - 19H40 LAURA LYNE		
TREAD N' SHRED ° 19H15 - 20H LAURA LYNE ✓			TREAD N' SHRED ° 19H15 - 20H LAURA LYNE ✓		ZUMBA STEP ° 19H45 - 20H30 LAURA LYNE		
SPINNING 19H15 - 20H15 ÉLODIE ✓			SPINNING 19H15 - 20H15 LOUIS ✓	BOXE 19H15 - 20H15 DIANA ✓			
CIRCUIT BOOTCAMP 19H30 - 20H30 HANNA		ZUMBA ° 19H25 - 20H25 KARINA	HATHA YOGA 19H25 - 20H25 CAROLE	STRONG BY ZUMBA ° 19H35 - 20H35 KARINA			
STRETCHING 20H05 - 20H30 LAURA LYNE			STRETCHING 20H05 - 20H30 LAURA LYNE				

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.