

GROUP.X SCHEDULE

BROSSARD

JANUARY 8TH - FEBRUARY 11TH

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 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 ✓	YOGA VINYASA 9H - 10H SYLVIE
	SPINNING 9H - 10H NANCY ✓		SPINNING 9H - 10H MARIE-CLAUDE ✓		SPINNING 9H - 10H ERIN ✓	SPINNING 9H - 10H ÉRIC ✓	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 10H05 - 11H20 CAROLE	STRONG BY ZUMBA 10H10 - 11H10 KARINA
		BOXE 10H15 - 11H15 DAN ✓		BOXE 10H15 - 11H15 DAN ✓	STRETCH & ABS 10H30 - 11H15 GEORGETA	SPINNING 10H15 - 11H15 ERIN ✓	SPINNING 10H45 - 11H45 LOUIS ✓
	ZUMBA 12H - 13H KARINA	BODY CHALLENGE 12H - 13H MYLÈNE	STRONG BY ZUMBA 12H - 13H KARINA	BODY CHALLENGE 12H - 13H MYLÈNE	HATHA YOGA 75 12H - 13H15 CAROLE	ZUMBA 11h30- 12H30 JORGE	ZUMBA ° 11H30 - 12H30 KARINA
	SPINNING 12H - 13H NANCY ✓	STRIDE & BURN 12H15 - 13H PAMELA ✓	STRETCH & BUTT 12H - 12H45 GEORGETA		TREAD N' SHRED ° 12H15 - 13H PAMELA ✓		
			SPINNING 12H - 13H MARIE-CLAUDE ✓		SPINNING 12H - 13H MIKE ✓		
	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 MIKE ✓		SPINNING 18H - 19H MARTIN ✓	SPINNING 18H - 19H ÉRIC ✓	SPINNING 18H - 19H MARTIN ✓	SPIN XPRESS 18H - 18H45 LOUIS ✓		
BODY DESIGN 18H25 - 19H25 DAPHNÉ ✓		FIT TO FLEX 18H - 19H15 DAPHNÉ ✓	ZUMBA ° 18H20 - 19H20 JORGE	HIIT 18H30 - 19H30 DAPHNÉ ✓			
BOXE 18H30 - 19H30 KALEE ✓		METCON 18H - 19H DIANA ✓	BOXE 18H30 - 19H30 KALEE ✓	METCON 18H - 19H DIANA ✓	ZUMBA STEP ° 18H30 - 19H30 LAURA		
TREAD N' SHRED ° 19H15 - 20H MARIE-PIER ✓			TREAD N' SHRED ° 19H15 - 20H MARIE-PIER ✓		ZUMBA 19H30 - 20H30 LAURA		
SPINNING 19H15 - 20H15 MIKE ✓		SPINNING 19H15 - 20H15 PHILIPPE ✓	SPINNING 19H15 - 20H15 LOUIS ✓	BOXE 19H15 - 20H15 KALEE ✓			
CIRCUIT BOOTCAMP 19H30 - 20H30 HANNA		ZUMBA ° 19H25 - 20H25 KARINA	HATHA YOGA 19H25 - 20H25 CAROLE	STRONG BY ZUMBA 19H35 - 20H35 KARINA			
ZUMBA ° 20H35 - 21H35 LAURA			ZUMBA ° 20H30 - 21H30 LAURA				

LEGEND

AIM STUDIO (SPINNING)

FUNCTIONAL
TRAINING STUDIO

AEROBIC STUDIO

SYNTHETIC SURFACE

✓ RESERVATION REQUIRED



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MANSFIELD
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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.