








GRP.X SCHEDULE

MONTREAL

From May 1st to June 30th

For any questions or comments please contact ecabana@clubmansfield.ca.
Classes are subject to cancellation based on attendance.

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

SPINNING 6 H 30 - 7 H 15 HUGHES 		SPINNING 6 H 30 - 7 H 15 ROBERT 		SPINNING 6 H 30 - 7 H 15 YANNICK 		
METCON 7 H - 8 H FABRICE 	METCON 7 H - 7 H 45 TIFFANY 	METCON 7 H - 8 H FABRICE 	TABATA 7 H - 8 H MARIE-JOSÉE 	METCON 7 H - 7 H 45 LAURA 	METCON 9 H 30 - 10 H 30 YVETTE 	
YOGA VINYASA 7 H - 8 H LUCIA 	YOGA VINYASA 11 H 30 - 12 H 30 JEN 	YOGA VINYASA 7 H - 8 H ELAINE 	YOGA VINYASA 11 H 30 - 12 H 30 SOPHIE 	PIYO 11 H 30 - 12 H 30 CHAYA 	YOGA ASHTANGA 2 10 H - 11 H ARI 	SPINNING 10 H - 11 H MYRIAM 
METCON 11 H 30 - 12 H 15 TIFFANY 	HIIT 11 H 30 - 12 H 15 MYMUNA 	METCON 11 H 30 - 12 H 15 TIFFANY 	HIIT 11 H 30 - 12 H 15 MYMUNA 	METCON 11 H 30 - 12 H 15 ALBERT 	TABATA 10 H 30 - 11 H 30 YVETTE 	INSANITY® 11 H - 12 H MARISSA 
PIYO 11 H 30 - 12 H 15 MARISSA 	BOXE BOOTCAMP 12 H 15 - 13 H 15 ALBERT 	PIYO 11 H 30 - 12 H 15 MARISSA 	ROCKIN' BOTTOM 12 H 15 - 13 H 15 MYMUNA 	CLUB DE COURSE 12 H 15 - 13 H 15 SOPHIE 		YOGA VINYASA 11 H 15 - 12 H 15 ALEX-SANDRINE 
SPINNING 12 H 15 - 13 H 15 NICOLAS 	SPINNING 12 H 15 - 13 H 15 STEVE 	SPINNING 12 H 15 - 13 H 15 STEVE 	SPINNING 12 H 15 - 13 H 15 KATHERINA 	SPINNING 12 H 15 - 13 H 15 STEVE 		
INSANITY® 12 H 20 - 13 H 20 MARISSA 	CLUB DE COURSE 12 H 15 - 13 H 15 ANH-TUE 	BOOTCAMP EXTÉRIEUR 12 H 15 - 13 H 15 FABRICE 		ZUMBA® 12 H 30 - 13 H 30 ANDREA 		
YOGA ASHTANGA 12 H 30 - 13 H 30 ARI 	YOGA VINYASA 12 H 35 - 13 H 35 ARI 	INSANITY® 12 H 20 - 13 H 20 MARISSA 	ESSENTRICS 12 H 35 - 13 H 35 ALLISON 	YOGA ASHTANGA 12 H 35 - 13 H 35 ARI 		
		HATHA YOGA FLOW 12 H 35 - 13 H 35 SÉLÉNA 				
YOGA ASHTANGA 17 H 30 - 18 H 30 ARI 	PILATES 17 H 30 - 18 H 30 MYMUNA 	HATHA YOGA 17 H 30 - 18 H 30 BENI 	ABSOLUTION 17 H 30 - 18 H ANH-TUE 			
POWER SPIN 17 H 30 - 18 H 15 MARA 	EPIC 17 H 30 - 18 H 30 ANH-TUE 	POWER SPIN 17 H 30 - 18 H 15 MARA 	YOGA DETOX 17 H 30 - 18 H 30 ALEX-SANDRINE 	YOGA VINYASA 17 H 30 - 18 H 30 LUCIA 		
BOOTY BOOTCAMP 17 H 30 - 18 H 30 YVETTE 	SPINNING 18 H - 19 H HUGHES 	METCON 17 H 30 - 18 H 30 ALBERT 	SPINNING 17 H 45 - 18 H 45 ROBERT 	TABATA 17 H 30 - 18 H 30 YVETTE 		
ZUMBA® 18 H 30 - 19 H 30 DIEGO 	INSANITY® 18 H 30 - 19 H 30 CHANTALE 	COURS DE MOBILITÉ 18 H 30 - 19 H 15 JULIEN 	BODY CHALLENGE 18 H - 18 H 45 ANH-TUE 			
ESSENTRICS 18 H 30 - 19 H 30 ALLISON 	PIYO 18 H 30 - 19 H 30 MARIE-ÈVE 	PILATES 18 H 30 - 19 H 30 ALEX-SANDRINE 	HATHA YOGA 18 H 30 - 19 H 30 ALEX-SANDRINE 			
SPINNING 18 H 30 - 19 H 30 MYRIAM 	INTRO TO CROSSFIT 18 H 30 - 19 H 30 	SPINNING 18 H 30 - 19 H 30 MYRIAM 	KICKBOXING 18 H 45 - 19 H 30 ANH-TUE 			

LEGEND

AIM STUDIO (SPINNING)

TRINITY STUDIO

AEROBIC STUDIO

OUTDOORS

CROSSFIT STUDIO

★ NEW CLASS



MANSFIELD
CLUB ATHLÉTIQUE



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