

# GROUP.X SCHEDULE

**MONTRÉAL**  
OCTOBER 16<sup>TH</sup> - DECEMBER 22<sup>ND</sup>

For any questions or comments please contact [iadam@clubmansfield.ca](mailto:iadam@clubmansfield.ca).

Classes are subject to cancellation based on attendance.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

## AM

SPINNING 6H30 - 7H15 ROBERT		SPINNING 6H30 - 7H15 ROBERT		SPINNING 6H30 - 7H15 YANNICK		
METCON 7H - 7H45 GUY	ZUMBA ° 7H - 7H45 LAURA-LYNE	METCON 7H - 7H45 GUY	TABATA 7H - 7H45 GUY	METCON 7H - 7H45 GUY	ZUMBA ° 10H - 11H ATIA	
MORNING FLOW 8H - 9H ANDREA	BALLET BARRE 7H30 - 8H30 DAHLIA	YOGA VINYASA 7H - 8H ELAINE	YOGA VINYASA 11H30 - 12H30 SOPHIE	HOT BOOTY BALLET 11H30 - 12H30 JENNIFER	YOGA ASHTANGA 2 10H - 11H30 ARI	SPINNING 10H - 11H MYRIAM
METCON 11H30 - 12H15 GUY	HOT BOOTY BALLET 11H30 - 12H15 JENNIFER	METCON 11H30 - 12H15 YVETTE	100% BOXE 11H30 - 12H15 MATHIEU	METCON 11H30 - 12H15 GUY	TABATA 11H - 12H YVETTE	BOOTY BOOTCAMP 11H - 12H YVETTE
PIYO ° 11H30 - 12H15 MARIE-ÈVE	HIIT 11H30 - 12H15 MYMUNA	PILATES 11H30 - 12H15 MYMUNA	ROCKIN' BOTTOM 12H15 - 13H15 MYMUNA	CLUB DE COURSE 12H15 - 13H15 SOPHIE		MORNING FLOW YOGA 11H - 12H JULIA
SPINNING 12H15 - 13H15 NICOLAS	SPINNING 12H15 - 13H15 STEVE	SPINNING 12H15 - 13H15 STEVE	SPINNING 12H15 - 13H15 MYRIAM	SPINNING 12H15 - 13H15 STEVE		
INSANITY ° 12H20 - 13H20 MARIE-ÈVE	100% BOXE 12H15 - 13H MATHIEU	INSANITY ° 12H20 - 13H20 CHANTALE		ZUMBA ° 12H20 - 13H20 ANDREA		
YOGA ASHTANGA 12H30 - 13H30 ARI	CLUB DE COURSE 12H15 - 13H15 ANH-TUE	HATHA YOGA FLOW 12H15 - 13H15 SÉLÉNA	BALLET BARRE 12H30 - 13H30 DAHLIA	YOGA ASHTANGA 12H35 - 13H35 ARI		
	YOGA VINYASA 12H35 - 13H35 ARI					

## LEGEND

## PM

YOGA ASHTANGA 17H30 - 18H30 ARI	PILATES 17H30 - 18H30 MYMUNA	DETOX FLOW YOGA 17H30 - 18H30 ANDREA	ABSOLUTION 17H30 - 18H ANH-TUE	
POWER SPIN 17H30 - 18H15 MARA	EPIC 17H30 - 18H30 ANH-TUE	POWER SPIN 17H30 - 18H15 MARA	HOT BOOTY BALLET 17H30 - 18H30 SUAAD	YOGA VINYASA 17H30 - 18H30 SABRINA
BARBELLBURN 17H30 - 18H15 MYRIAM	SPINNING 18H - 19H MICHEL	BARBELLBURN 17H30 - 18H15 MYRIAM	SPINNING 18H - 19H ROBERT	TABATA 17H30 - 18H30 YVETTE
ZUMBA ° 18H30 - 19H30 DIEGO	INSANITY ° 18H30 - 19H15 CHANTALE	YIN YOGA 18H30 - 19H30 ANDREA	EPIC 18H - 18H45 ANH-TUE	
HOT BOOTY BALLET 18H30 - 19H30 SUAAD	PIYO STRETCH ° 19H15 - 20H MARIE-ÈVE	BOXE BOOTCAMP 18H30 - 19H30 ALBERT	YIN YOGA 18H30 - 19H30 JULIA	
SPINNING 18H30 - 19H30 MYRIAM	INTRO TO CROSSFIT 18H30 - 19H30	SPINNING 18H30 - 19H30 MYRIAM	KICKBOXING 18H45 - 19H30 ANH-TUE	



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CLUB ATHLÉTIQUE



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