

GROUP.X SCHEDULE

MONTRÉAL

SEPTEMBER 4TH - DECEMBER 22ND

For any questions or comments please contact iadam@clubmansfield.ca.

Classes are subject to cancellation based on attendance.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

AM

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|---|--|---|--|--|--|--|
| SPINNING 6H30 - 7H15 ROBERT | SPIN' FLOW 6H30 - 7H30 JULIA | SPINNING 6H30 - 7H15 ROBERT | SPIN' FLOW 6H30 - 7H30 JULIA | 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 | |
| POWER FLOW YOGA 7H30 - 8H30 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 - 11H 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 | | | | | |

PM

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|---|---|---|---|---|
| YOGA ASHTANGA 17H30 - 18H30 ARI | PILATES 17H30 - 18H30 MYMUNA | POWER 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 HUGUES | BARBELLBURN 17H30 - 18H15 MYRIAM | SPINNING 18H - 19H ROBERT | TABATA 17H30 - 18H30 YVETTE |
| ZUMBA ® 18H30 - 19H30 DIEGO | INSANITY ® 18H30 - 19H30 CHANTALE | YIN YOGA 18H30 - 19H30 ANDREA | EPIC 18H - 18H45 ANH-TUE | |
| HOT BOOTY BALLET 18H30 - 19H30 SUAAD | PIYO STRETCH ® 18H30 - 19H30 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 | |

LEGEND

AIM STUDIO (SPINNING)

TRINITY STUDIO

AEROBIC STUDIO

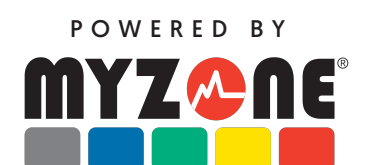
OUTDOORS

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.