

# GROUP.X SCHEDULE

## MONTREAL

APRIL 3<sup>RD</sup> - JUNE 25<sup>TH</sup> 2018

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			SPIN POWER* 6H30 - 7H15 ROBERT ★		SPINNING* 6H30 - 7H15 YANNICK		
	METCON 7H - 7H45 GUY	MAC BODY SCULPT 7H - 8H LAURA-LYNE	METCON 7H - 7H45 GUY	TABATA 7H - 7H45 GUY	METCON 7H - 7H45 GUY	ZUMBA* 10H - 11H KYMBERLY	
		BALLET BARRE 7H - 8H DAHLIA ★	BODYSHRED* 7H45- 8H15 GUY ★	YOGA VINYASA 7H - 8H ELAINE	BODYSHRED* 7H45- 8H15 GUY ★	YOGA ASHTANGA 2 10H - 11H30 ARI	SPINNING* 10H - 11H MYRIAM
	METCON 11H30 - 12H15 GUY	HIIT 11H30 - 12H15 MYMUNA	METCON 11H30 - 12H15 YVETTE	K.BOX BOOTCAMP 11H30 - 12H15 ANH-TUE	METCON 11H30 - 12H15 GUY	TABATA 11H - 12H YVETTE	BOOTY BOOTCAMP 11H - 12H YVETTE
	PIYO* 11H30 - 12H15 MARIE-ÈVE	HOT BOOTY BALLET 11H30 - 12H30 JENNIFER	PILATES 11H30 - 12H15 MYMUNA	YOGA VINYASA 11H30 - 12H30 ANGELA ★	HOT BOOTY BALLET 11H30 - 12H30 JENNIFER		MORNING FLOW YOGA 11H - 12H JULIA
	BEAT SPIN* 12H15 - 13H CORINE	SPIN POWER* 12H15 - 13H15 STEVE ★	SPINNING* 12H15 - 13H15 STEVE	SPIN POWER* 12H15 - 13H15 MYRIAM ★	SPINNING* 12H15 - 13H15 STEVE		
		CLUB DE COURSE 12H15 - 13H15 ANH-TUE			CLUB DE COURSE 12H15 - 13H15 FRANÇOIS		
	INSANITY* 12H20 - 13H20 MARIE-ÈVE	POWER BOXE 12H20 - 13H20 DOMINIC	LEVEL UP 12H20 - 13H05 YVETTE	ROCKIN' BOTTOM 12H20 - 13H20 MYMUNA	ZUMBA* 12H30 - 13H30 ANDREA		
	YOGA ASHTANGA 12H35 - 13H35 ARI	YOGA VINYASA 12H35 - 13H35 ARI	HONEY FLOW 12H20 - 13H20 ANGELA ★	BALLET BARRE 12H30 - 13H30 DAHLIA	YOGA ASHTANGA 12H35 - 13H35 ARI		
PM	BODYSHRED* 16H45 - 17H15 GUY ★	BALLET BARRE 16H45 - 17H25 DAHLIA ★	LEVEL UP 16H45 - 17H25 YVETTE	ZUMBA STEP* 16H45 - 17H30 LAURA-LYNE ★			
	YOGA ASHTANGA 17H30 - 18H30 ARI	PILATES 17H30 - 18H30 MYMUNA	DETOX FLOW YOGA 17H30 - 18H30 ANDREA	HOT BOOTY BALLET 17H30 - 18H30 SUAAD	ESSENTRICS 17H30 - 18H30 ALLISON		
	BARBELLBURN 17H30 - 18H15 MYRIAM	EPIC 17H30 - 18H30 ANH-TUE	BARBELLBURN 17H30 - 18H15 MYRIAM	ABSOLUTION 17H30 - 18H ANH-TUE	TABATA 17H30 - 18H30 YVETTE		
	BEAT SPIN* 17H30 - 18H15 MARA	BEAT SPIN* 17H30 - 18H15 CORINE ★	BEAT SPIN* 17H30 - 18H15 MARA	SPIN POWER* 17H30 - 18H30 ROBERT ★			
	ZUMBA* 18H30 - 19H30 DIEGO	STRONG BY ZUMBA* 18H30 - 19H30 KYMBERLY	BOXE CAMP 18H30 - 19H30 DOMINIC	EPIC 18H - 18H45 ANH-TUE			
	HOT BOOTY BALLET 18H30 - 19H30 SUAAD	PIYO STRETCH* 18H30 - 19H30 MARIE-ÈVE	YIN YOGA 18H30 - 19H30 ANDREA	YIN YOGA 18H30 - 19H30 JULIA			
	SPIN POWER* 18H30 - 19H30 MYRIAM ★	INTRO TO CROSSFIT 18H30 - 19H30 SCOTT	SPINNING* 18H30 - 19H30 MYRIAM	BOXEVENT 18H45 - 19H30 DOMINIC ★			

## 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](http://clubmansfield.ca/group-exercise) to consult the latest version of the schedule.