

GROUP.X SCHEDULE

MONTREAL

JANUARY 8TH - MARCH 31ST

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	BEAT SPIN 7H - 7H45 CORINNE ★		SPINNING 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 ATIA	
	SHRED EXPRESS 30 7H45- 8H15 GUY ★	BALLET BARRE 7H30 - 8H30 DAHLIA	SHRED EXPRESS 30 7H 45- 8H15 GUY ★	YOGA VINYASA 7H - 8H ELAINE ★	SHRED EXPRESS 30 7H 45- 8H15 GUY ★	YOGA ASHTANGA 2 10H - 11H30 ARI	SPINNING 10H - 11H MYRIAM
	METCON 11H30 - 12H15 GUY	HIIT 11H30 - 12H15 MYMUNA	METCON 11H30 - 12H15 YVETTE	KICKBOXING 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 SOPHIE	HOT BOOTY BALLET 11H30 - 12H30 JENNIFER		MORNING FLOW YOGA 11H - 12H JULIA
	BEAT SPIN 12H15 - 13H15 CORINNE ★	SPINNING 12H15 - 13H15 STEVE	SPINNING 12H15 - 13H15 STEVE	SPINNING 12H15 - 13H15 MYRIAM	SPINNING 12H15 - 13H15 STEVE		
		CLUB DE COURSE 12H15 - 13H15 ANH-TUE			CLUB DE COURSE 12H15 - 13H15 SOPHIE		
	INSANITY ° 12H20 - 13H20 MARIE-ÈVE	POWER BOXE *** 12H20 - 13H20 DOMINIC ★	LEVEL UP 12H20 - 13H20 YVETTE ★	ROCKIN' BOTTOM 12H20 - 13H15 MYMUNA	ZUMBA ° 12H30 - 13H30 ANDREA		
	YOGA ASHTANGA 12H35 - 13H35 ARI	YOGA VINYASA 12H35 - 13H35 ARI	HONEY FLOW 12H15 - 13H30 SÉLÉNA ★	BALLET BARRE 12H30 - 13H30 DAHLIA	YOGA ASHTANGA 12H35 - 13H35 ARI		
PM			LEVEL UP 16H45 - 17H25 YVETTE ★				
	YOGA ASHTANGA 17H30 - 18H30 ARI	PILATES 17H30 - 18H30 MYMUNA	POWER FLOW YOGA 17H30 - 18H30 ANDREA ★	HOT BOOTY BALLET 17H30 - 18H30 SUAAD	YOGA VINYASA 17H30 - 18H30 SABRINA		
	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 18H - 19H CORINNE ★	BEAT SPIN 17H30 - 18H15 MARA ★	SPINNING 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			
	SPINNING 18H30 - 19H30 MYRIAM	INTRO TO CROSSFIT 18H30 - 19H30	SPINNING 18H30 - 19H30 MYRIAM	ZUMBA STEP 18H45 - 19H45 LAURA-LYNE ★			

LEGEND

AIM STUDIO (SPINNING)

TRINITY STUDIO

AEROBIC STUDIO

OUTDOORS

CROSSFIT STUDIO

★ NEW CLASS

*** BEGINS ON JANUARY 16TH



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.