

# Special Schedule

## EASTER WEEKEND SCHEDULE

FRIDAY      SATURDAY      SUNDAY      MONDAY

AM

METCON 11H30 - 12H15 GUY	BARBELLBURN 12H15 - 13H15 MYRIAM	SPINNING * 10H - 11H30 MYRIAM	METCON 11H30 - 12H15 GUY
SPINNING * 12H15 - 13H15 STEVE		TEMPO 11H - 12H STANLEY	YOGA ASHTANGA 12H35 - 13H35 ARI
CARDIO TONING 12H30 - 13H30 STANLEY			
YOGA ASHTANGA 12H35 - 13H35 ARI			

PM

YOGA VINYASA 17H15 - 18H15 ARI			YOGA VINYASA 17H30 - 18H30 ARI
TABATA 17H30 - 18H30 YVETTE			BARBELLBURN 17H30 - 18H15 MYRIAM
			ZUMBA 18H30 - 19H30 DIEGO
			SPINNING * 18H30 - 19H30 MYRIAM

### LEGEND

AIM STUDIO (SPINNING)

TRINITY STUDIO

AÉROBIC STUDIO



**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.