

HORAIRE COURS EN GROUPE

GROUP CLASS SCHEDULE



CLUB SPORTIF

SESSION ÉTÉ 2024 | 2024 SUMMER SESSION

| Lun/Mon | Mar/Tues | Mer/Wed | Jeu/Thurs | Ven/Fri | Sam/Sat | Dim/Sun |
|--|---|---|---|---|--|---|
| 07h00-08h00 YOGA HATHA Luigi | 07h00-08h00 HIIT CIRCUIT Luigi | 07h15-08h00 POWER RIDE Ekaterina | 07h00-08h00 YOGA FLOW Véronique | | | 09h15-10h10 HIIT CIRCUIT Nathalie L. |
| 11h00-11h55 STRETCH IT UP! Uriel | | 11h00-11h55 ESSEINTRICS® Stéphanie | 11h00-11h55 PILATES Chantal | 11h00-11h55 ESSEINTRICS® Stéphanie | 09h30-10h25 ESSEINTRICS® Vahé | 10h00-11h00 YOGA FLOW Stella |
| 12h00-13h00 YOGA POWER Meryem | 12h00-12h50 FORCE 50 Nathalie L. | 12h10-13h00 TOTAL BARRE Katie | 12h05-13h05 STRETCH IT UP! Uriel | 12h05-13h05 FLOW YOGA Stella | 10h00-11h15 ENDURANCE RIDE Tony | 10h00-11h00 BOOTCAMP Caroline |
| 12h00-13h00 HIIT CIRCUIT Luigi | 12h05-13h05 PILATES Sasha | 12h10-12h55 INTERVALS Dominic | 12h05-13h00 HIIT CIRCUIT Nathalie L. | 12h00-13h00 BOOTCAMP Laura | 10h35-11h35 TOTAL BARRE Niki | 10h30-11h30 POWER RIDE Nathalie L. |
| 12h10-12h55 INTERVALS Nathalie L. | | 12h10-12h55 BOXE-FIT Sofia | 12h10-12h55 PUMP IT UP! Baha | 12h10-12h55 POWER RIDE Nathalie L. | 10h30-11h30 LATIN GROOVE AnaMaria | 11h15-12h15 PILATES Chantal |
| 12h10-12h55 BOXE-FIT Harry | 17h30-18h30 YOGA POWER Katie | 12h15-13h00 STEP & SCULPT Caroline | | 12h15-13h00 STEP IT UP! Caroline | 11h00-12h00 ATHLETIC WORKOUT Luigi | |
| 12h15-13h00 TOTAL SCULPT Caroline | 17h30-18h25 CARDIO DANSE Uriel | 17h30-18h30 ESSEINTRICS® Dominique | 17h30-18h25 TOTAL BARRE Christina | 17h30-18h30 TOTAL BARRE Carrie | 11h35-12h30 TOTAL SCULPT Tony | |
| 17h30-18h30 PILATES Chantal | | 17h30-18h25 LATIN GROOVE AnaMaria | 17h30-18h25 CARDIO DANSE Uriel | 17h30-18h15 TOTAL SCULPT Jihene | <p>Dès le 18 juin 2024 As of June 18, 2024</p> <p>STUDIOS :</p> <ul style="list-style-type: none"> VÉLO CITY SERENITY TEMPO PALESTRA ZONE-X L'ARÈNE <p>N Nouveauté : cours/heure/instructeur New: class /time/instructor</p> <p>MAA CLUB SPORTIF 2070, rue Peel, Montréal, QC H3A 1W6 (514) 845-2233, poste 0 infomaa@clubsportifmaa.com www.clubsportifmaa.com</p> | |
| 17h30-18h25 TOTAL SCULPT Niki | | 17h30-18h15 INTERVALS Tony | 17h30-18h30 BOXE-FIT Luigi | | | |
| | 18h00-18h45 POWER RIDE Tony | 18h00-19h00 BOXE-FIT Harry | | | | |
| 18h00-19h00 HIIT CIRCUIT Luigi | | 18h30-19h30 HIIT CIRCUIT Luigi | | | | |
| 18h30-19h30 TOTAL SCULPT Jihene | 18h30-19h30 STRETCH IT UP! Uriel | 18h30-19h30 TOTAL SCULPT Tony | 18h30-19h30 MAA Combat Jihene | | | |
| 18h35-19h25 TOTAL BARRE Niki | 18h35-20h00 BALLET Andrei | 18h35-19h35 YOGA POWER Meryem | | | | |