

# HORAIRE COURS EN GROUPE

## GROUP CLASS SCHEDULE



CLUB SPORTIF

SESSION D'AUTOMNE 2024 | 2024 FALL SESSION

Lun/Mon	Mar/Tues	Mer/Wed	Jeu/Thurs	Ven/Fri	Sam/Sat	Dim/Sun
07h00-08h00 <b>YOGA HATHA</b> Luigi	07h00-08h00 <b>HIIT CIRCUIT</b> Luigi	07h15-08h00 <b>POWER RIDE</b> Ekaterina	07h00-08h00 <b>YOGA FLOW</b> Véronique		09h30-10h25 <b>ESSEINTRICS®</b> Vahé	09h15-10h10 <b>HIIT CIRCUIT</b> Nathalie
			07h00-08h00 <sup>N</sup> <b>ATHLETIC WORKOUT</b> Luigi		09h30-10h25 <sup>N</sup> <b>TOTAL SCULPT</b> Niki	10h00-11h00 <b>YOGA FLOW</b> Stella
						10h00-11h00 <b>BOOTCAMP</b> Caroline
11h00-11h55 <b>STRETCH IT UP!</b> Uriel		11h00-11h55 <b>ESSEINTRICS®</b> Stéphanie	11h00-11h55 <sup>N</sup> <b>STRETCH IT UP!</b> Uriel	11h00-11h55 <b>ESSEINTRICS®</b> Stéphanie	10h00-11h15 <b>ENDURANCE RIDE</b> Tony	10h30-11h30 <b>POWER RIDE</b> Nathalie
12h00-13h00 <b>YOGA POWER</b> Meryem	12h00-12h50 <b>FORCE 50</b> Nathalie	12h00-13h00 <sup>N</sup> <b>BOOTCAMP</b> Laura	12h05-13h00 <sup>N</sup> <b>MEGA HIIT</b> Nat & Éli	12h00-13h00 <b>BOOTCAMP</b> Laura	10h30-11h30 <b>LATIN GROOVE</b> AnaMaria	11h05-12h00 <sup>N</sup> <b>TOTAL SCULPT</b> Jihene
12h00-13h00 <b>HIIT CIRCUIT</b> Luigi	12h05-13h00 <sup>N</sup> <b>HIIT</b> Jonathan	12h10-13h00 <b>TOTAL BARRE</b> Katie		12h05-13h05 <b>FLOW YOGA</b> Stella	10h35-11h35 <b>TOTAL BARRE</b> Niki	11h15-12h15 <b>PILATES</b> Chantal
12h10-12h55 <b>INTERVALS</b> Nathalie		12h10-12h55 <b>INTERVALS</b> Dominic		12h10-12h55 <b>POWER RIDE</b> Nathalie	11h00-12h00 <b>ATHLETIC WORKOUT</b> Luigi	
12h10-13h00 <b>BOXE-FIT</b> Harry	12h05-13h05 <b>PILATES</b> Sasha	12h10-13h00 <b>BOXE-FIT</b> Sofia	12h05-13h05 <sup>N</sup> <b>PILATES</b> Chantal	12h10-13h00 <sup>N</sup> <b>BOXE-FIT</b> Sofia	11h35-12h30 <b>TOTAL SCULPT</b> Tony	
12h15-13h00 <b>TOTAL SCULPT</b> Caroline		12h15-13h00 <b>STEP &amp; SCULPT</b> Caroline	12h05-13h05 <b>CARDIO DANSE</b> Uriel	12h15-13h00 <b>STEP IT UP!</b> Caroline	11h45-12h45 <b>PILATES</b> Chantal	
17h30-18h30 <b>PILATES</b> Chantal	17h30-18h30 <b>YOGA POWER</b> Katie	17h30-18h30 <b>ESSEINTRICS®</b> Dominique	17h30-18h25 <b>TOTAL BARRE</b> Christina	17h30-18h30 <b>TOTAL BARRE</b> Carrie	<p><b>Dès le 9 septembre 2024</b> As of September 9, 2024</p> <p><b>STUDIOS :</b></p> <ul style="list-style-type: none"> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #ADD8E6; border: 1px solid black; margin-right: 5px;"></span> VÉLO CITY</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #FFDAB9; border: 1px solid black; margin-right: 5px;"></span> SERENITY</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #90EE90; border: 1px solid black; margin-right: 5px;"></span> TEMPO</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #808080; border: 1px solid black; margin-right: 5px;"></span> PALESTRA</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #D3D3D3; border: 1px solid black; margin-right: 5px;"></span> ZONE-X</li> <li><span style="display: inline-block; width: 15px; height: 15px; background-color: #A0522D; border: 1px solid black; margin-right: 5px;"></span> L'ARÈNE</li> </ul> <p><sup>N</sup> Nouveauté : cours/heure/instructeur New: class /time/instructor</p> <p><b>MAA CLUB SPORTIF</b> 2070, rue Peel, Montréal, QC H3A 1W6 (514) 845-2233, poste 0 infomaa@clubsportifmaa.com www.clubsportifmaa.com</p>	
17h30-18h25 <b>TOTAL SCULPT</b> Niki	17h30-18h25 <b>CARDIO DANSE</b> Uriel	17h30-18h25 <b>LATIN GROOVE</b> AnaMaria	17h30-18h25 <b>CARDIO DANSE</b> Uriel	17h30-18h15 <b>TOTAL SCULPT</b> Jihene		
17h30-18h30 <sup>N</sup> <b>BOOTCAMP</b> Jonathon	17h30-18h30 <sup>N</sup> <b>HIIT</b> Laura	17h30-18h20 <sup>N</sup> <b>HIIT</b> Meryem				
	18h00-18h45 <b>POWER RIDE</b> Tony	17h30-18h15 <b>INTERVALS</b> Tony				
		18h00-19h00 <b>BOXE-FIT</b> Harry	17h30-18h30 <sup>N</sup> <b>BOXE-FIT</b> Luigi			
18h00-19h00 <b>HIIT CIRCUIT</b> Luigi		18h30-19h30 <sup>N</sup> <b>ATHLETIC WORKOUT</b> Luigi				
18h35-19h30 <sup>N</sup> <b>STEP &amp; SCULPT</b> Jihene	18h30-19h30 <b>STRETCH IT UP!</b> Uriel	18h30-19h30 <b>TOTAL SCULPT</b> Tony	18h30-19h30 <b>MAA Combat</b> Jihene			
18h35-19h25 <b>TOTAL BARRE</b> Niki	18h35-20h00 <b>BALLET</b> Andrei	18h35-19h35 <b>YOGA POWER</b> Meryem				