

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 YOGA HATHA Luigi	07h00-08h00 HIIT CIRCUIT Luigi	07h15-08h00 POWER RIDE Ekaterina	07h00-08h00 YOGA FLOW Véronique		09h30-10h25 ESSEINTRICS® Vahé	09h15-10h10 HIIT CIRCUIT Nathalie
			07h00-08h00 ^N ATHLETIC WORKOUT Luigi		09h30-10h25 ^N TOTAL SCULPT Niki	10h00-11h00 YOGA FLOW Stella
						10h00-11h00 BOOTCAMP Caroline
11h00-11h55 STRETCH IT UP! Uriel		11h00-11h55 ESSEINTRICS® Stéphanie	11h00-11h55 ^N STRETCH IT UP! Uriel	11h00-11h55 ESSEINTRICS® Stéphanie	10h00-11h15 ENDURANCE RIDE Tony	10h30-11h30 POWER RIDE Nathalie
12h00-13h00 YOGA POWER Meryem	12h00-12h50 FORCE 50 Nathalie	12h00-13h00 ^N BOOTCAMP Laura	12h05-13h00 ^N MEGA HIIT Nat & Éli	12h00-13h00 BOOTCAMP Laura	10h30-11h30 LATIN GROOVE AnaMaria	11h05-12h00 ^N TOTAL SCULPT Jihene
12h00-13h00 HIIT CIRCUIT Luigi	12h05-13h00 ^N HIIT Jonathan	12h10-13h00 TOTAL BARRE Katie		12h05-13h05 FLOW YOGA Stella	10h35-11h35 TOTAL BARRE Niki	11h15-12h15 PILATES Chantal
12h10-12h55 INTERVALS Nathalie		12h10-12h55 INTERVALS Dominic		12h10-12h55 POWER RIDE Nathalie	11h35-12h30 TOTAL SCULPT Tony	
12h10-13h00 BOXE-FIT Harry	12h05-13h05 PILATES Sasha	12h10-13h00 BOXE-FIT Sofia	12h05-13h05 ^N PILATES Chantal	12h10-13h00 ^N BOXE-FIT Sofia	11h45-12h45 PILATES Chantal	
12h15-13h00 TOTAL SCULPT Caroline		12h15-13h00 STEP & SCULPT Caroline	12h05-13h05 CARDIO DANSE Uriel	12h15-13h00 STEP IT UP! Caroline		
17h30-18h30 PILATES Chantal	17h30-18h30 YOGA POWER Katie	17h30-18h30 ESSEINTRICS® Dominique	17h30-18h25 TOTAL BARRE Christina	17h30-18h30 TOTAL BARRE Carrie	<p>Dès le 9 septembre 2024 As of September 9, 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	17h30-18h25 CARDIO DANSE Uriel	17h30-18h25 LATIN GROOVE AnaMaria	17h30-18h25 CARDIO DANSE Uriel	17h30-18h15 TOTAL SCULPT Jihene		
17h30-18h30 ^N BOOTCAMP Jonathon	17h30-18h30 ^N HIIT Laura	17h30-18h20 ^N HIIT Meryem				
	18h00-18h45 POWER RIDE Tony	17h30-18h15 INTERVALS Tony				
		18h00-19h00 BOXE-FIT Harry	17h30-18h30 ^N BOXE-FIT Luigi			
18h00-19h00 HIIT CIRCUIT Luigi		18h30-19h30 ^N ATHLETIC WORKOUT Luigi				
18h35-19h30 ^N STEP & 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				