



## Horaire des cours de groupe pour les fêtes Holiday Group Fitness Schedule

Pour les semaines du **26 septembre, 10 octobre et 17 octobre** (L'horaire du 3 octobre se trouve au verso)  
For the weeks of **September 26th, October 10th and October 17th** (The schedule for October 3rd can be found on the back)

AIRE DE CONDITIONNEMENT PHYSIQUE FITNESS AREA						
Dimanche Sunday	Lundi Monday	Mardi Tuesday	Mercredi Wednesday	Jeudi Thursday	Vendredi Friday	Samedi Saturday
			<b>All Drills Ride</b> 7h30-8h25 7:30AM - 8:25AM Jack Vélo/Cycle	<b>Tabata</b> 8h00-8h55 8:00AM - 8:55AM Eduardo Studio 2	<b>Barre Boot Camp</b> 7h30-8h25 7:30AM - 8:25AM Heidi Studio 2	
			<b>Breakfast Bunch (Femme/Women)</b> 8h30-9h25 8:30AM - 9:25AM Susan Studio 1	<b>Breakfast Bunch (Femme/Women)</b> 9h00-9h55 9:00AM - 9:55AM Susan Studio 1	<b>Rhythm Ride</b> 8h30-9h25 8:30AM - 9:25AM Carrie Vélo/Cycle	
			<b>Boot Camp</b> 8h30-9h25 8:30AM - 9:25AM Carrie Studio 2	<b>Zumba</b> 9h00-9h55 9:00AM - 9:55AM Guylaine Studio 2		
<b>Spin &amp; Sculpt</b> 9h00-9h55 9:00AM - 9:55AM Monica Vélo/Cycle			<b>Sculpt and Core</b> 9h30-10h25 9:30AM - 10:25AM Carrie Studio 2	<b>Spin &amp; More</b> 9h30-10h25 9:30AM - 10:25AM Stephanie Vélo/Cycle	<b>Booty Barre</b> 9h30-10h25 9:30AM - 10:25AM Carole Studio 2	
<b>Muscle Hustle</b> 10h00-10h55 10:00AM - 10:55AM Heidi Studio 2			<b>Kabalah Yoga</b> 10h45-11h40 10:45AM - 11:40AM Audi Studio 1	<b>Pilates Sculpt</b> 10h00-10h55 10:00AM - 10:55AM Laura Studio 1	<b>Zumba</b> 11h00-11h55 11:00AM - 11:55AM Carole Studio 2	<b>Zumba</b> 10h00-10h55 10:00AM - 10:55AM Guylaine Studio 2
<b>Kabalah Yoga</b> 11h00-11h55 11:00AM - 11:55AM Audi Studio 2			<b>Zumba Toning (Femme/Women)</b> 12h15-13h00 12:15PM - 1:00PM Carole Studio 2	<b>Tai Chi</b> 10h30-11h25 10:30AM - 11:25AM George Studio 2		<b>Circuit Training</b> 10h00-10h55 10:00AM - 10:55AM Monica Mezzanine
	Y Fermé Y Closed	Y Fermé Y Closed	<b>Power Ride</b> 12h15-13h00 12:15PM - 1:00PM Monica Vélo/Cycle	<b>Yoga</b> 12h00-12h55 12:00PM - 12:55PM Susan Studio 2	<b>Essentrics</b> 12h00-12h55 12:00PM - 12:55PM Carole Studio 2	<b>Eldoa</b> 11h00-11h55 11:00AM - 11:55AM Monica Studio 2
			<b>Pilates (Femme/Women)</b> 12h15-13h00 12:15PM - 1:00PM Alison Studio 1	<b>Full Body Circuit</b> 12h15-13h00 12:15PM - 1:00PM Linda B. Mezzanine		
				<b>Abs-olutely</b> 17h00-17h30 5:00PM - 5:30PM Eduardo Studio 2		
			<b>Circuit Training</b> 17h30-18h25 5:30PM - 6:25PM Linda B. Mezzanine	<b>The Work Out</b> 17h30-18h25 5:30PM - 6:25PM Monica Studio 2		
				<b>Eldoa</b> 18h30-19h25 6:30PM - 7:25PM Monica Studio 2		
			<b>Power Beat (Pilote/Pilot)</b> 18h00-18h55 6:00PM - 6:55PM Eduardo Studio 2	<b>Pilates</b> 17h30-18h25 5:30PM - 6:25PM Sandra Studio 1		
AQUATICS: POOL						
				<b>Aqua Fitness</b> 9:00AM - 9:55AM Nadia		
			<b>Aqua Fitness</b> 10:30AM - 11:25AM Hendrica		<b>Aqua Fitness</b> 10:30AM - 11:25AM Maria	

The Group Fitness schedule, including the instructor who is teaching the class, is subject to change without notice. Visit our website ([www.ymywha.com](http://www.ymywha.com)) regularly and follow us on Instagram Story (@ymywha and @ymywha.fit) and/or on Facebook for the latest updates.



## Horaire des cours de groupe pour les fêtes Holiday Group Fitness Schedule

Pour la semaine du 3 octobre (Le calendrier pour les semaines du 26 septembre, 10 octobre et 17 octobre se trouve au verso)  
For the week of October 3rd (The schedule for the weeks of September 26th, October 10th and October 17th can be found on the other side)

### AIRE DE CONDITIONNEMENT PHYSIQUE FITNESS AREA

Dimanche Sunday	Lundi Monday	Mardi Tuesday	Mercredi Wednesday	Jeudi Thursday	Vendredi Friday	Samedi Saturday	
	<b>TRX Circuit</b> 7h30-8h25 7:30AM - 8:25AM Heidi Mezzanine	<b>Spin &amp; Sculpt</b> 8h00-8h55 8:00AM - 8:55AM Eduardo Vélo/Cycle	<b>Y Fermé</b> Y Closed	<b>Tabata</b> 8h00-8h55 8:00AM - 8:55AM Eduardo Studio 2	<b>Barre Boot Camp</b> 7h30-8h25 7:30AM - 8:25AM Heidi Studio 2		
		<b>Barre Strong</b> 8h30-9h25 8:30AM - 9:25AM Laura Studio 2		<b>Breakfast Bunch (Femme/Women)</b> 9h00-9h55 9:00AM - 9:55AM Susan Studio 1	<b>Rhythm Ride</b> 8h30-9h25 8:30AM - 9:25AM Carrie Vélo/Cycle		
	<b>20-20-20</b> 8h30-9h25 8:30AM - 9:25AM Eduardo Studio 2	<b>Breakfast Bunch (Femme/Women)</b> 9h00-9h55 9:00AM - 9:55AM Susan Studio 1		<b>Zumba</b> 9h00-9h55 9:00AM - 9:55AM Guylaine Studio 2			
<b>Spin &amp; Sculpt</b> 9h00-9h55 9:00AM - 9:55AM Monica Vélo/Cycle	<b>Essentrics</b> 9h30-10h25 9:30AM - 10:25AM Carole Studio 2	<b>Pilates Sculpt</b> 9h30-10h25 9:30AM - 10:25AM Laura Studio 2				<b>Booty Barre</b> 9h30-10h25 9:30AM - 10:25AM Carole Studio 2	
<b>Muscle Hustle</b> 10h00-10h55 10:00AM - 10:55AM Heidi Studio 2	<b>Tai Chi</b> 10h30-11h25 10:30AM - 11:25AM George Studio 2	<b>Yoga Flow</b> 10h45-11h40 10:45AM - 11:40AM Susy Studio 2			<b>Spin &amp; More</b> 9h30-10h25 9:30AM - 10:25AM Stephanie Vélo/Cycle	<b>Zumba</b> 11h00-11h55 11:00AM - 11:55AM Carole Studio 2	<b>Zumba</b> 10h00-10h55 10:00AM - 10:55AM Guylaine Studio 2
<b>Kabalah Yoga</b> 11h00-11h55 11:00AM - 11:55AM Audi Studio 2	<b>Zumba (Femme/Women)</b> 12h00-12h55 12:00PM - 12:55PM Guylaine Studio 2	<b>Pilates (Femme/Women)</b> 12h15-13h00 12:15PM - 1:00PM Alison Studio 1			<b>Tai Chi</b> 10h30-11h25 10:30AM - 11:25AM George Studio 2		<b>Circuit Training</b> 10h00-10h55 10:00AM - 10:55AM Monica Mezzanine
	<b>Rhythm Ride</b> 12h15-13h00 12:15PM - 1:00PM Linda R. Vélo/Cycle	<b>Tabata Circuit</b> 12h15-13h00 12:15PM - 1:00PM Eduardo Mezzanine			<b>Yoga</b> 12h00-12h55 12:00PM - 12:55PM Susan Studio 2	<b>Essentrics</b> 12h00-12h55 12:00PM - 12:55PM Carole Studio 2	<b>Eldoa</b> 11h00-11h55 11:00AM - 11:55AM Monica Studio 2
	<b>Teen Beat Spin</b> 16h00-17h00 4:00PM - 5:00PM Jessica Vélo/Cycle	<b>Y Fermé à 15h00</b> Y Closed at 3:00PM			<b>Abs-olutely</b> 17h00-17h30 5:00PM - 5:30PM Eduardo Studio 2		
	<b>Spin &amp; Sculpt</b> 17h30-18h25 5:30PM - 6:25PM Linda B. Vélo/Cycle				<b>The Work Out</b> 17h30-18h25 5:30PM - 6:25PM Monica Studio 2		
					<b>Eldoa</b> 18h30-19h25 6:30PM - 7:25PM Monica Studio 2		
				<b>Pilates</b> 17h30-18h25 5:30PM - 6:25PM Sandra Studio 1			

### AQUATICS: POOL

	<b>Aqua Fitness</b> 9:00AM - 9:55AM Hendrica	<b>Aqua Fitness</b> 9:00AM - 9:55AM Nadia		<b>Aqua Fitness</b> 9:00AM - 9:55AM Nadia	
		<b>Aqua Fitness</b> 10:30AM - 11:25AM Kevin		<b>Aqua Fitness</b> 10:30AM - 11:25AM Maria	

The Group Fitness schedule, including the instructor who is teaching the class, is subject to change without notice. Visit our website ([www.ymywha.com](http://www.ymywha.com)) regularly and follow us on Instagram Story (@ymywha and @ymywha.fit) and/or on Facebook for the latest updates.