



**SYLVAN ADAMS
YM-YWHA**
CCJ BEN WEIDER JCC
HARRY BRONFMAN YCC

Horaire des activités aquatiques

Ce cours est donné en eau peu profonde

Aqua Fitness Schedule

Dimanche Sunday	Lundi Monday	Mardi Tuesday	Mercredi Wednesday	Jeudi Thursday	Vendredi Friday	Samedi Saturday
	Aqua Fitness 9h00 - 9h55 9:00AM - 9:55AM Hendrica	Aqua Fitness 9h00 - 9h55 9:00AM - 9:55AM Nadia		Aqua Fitness 9h00 - 9h55 9:00AM - 9:55AM Nadia		
		Aqua Fitness 10h30 - 11h25 10:30AM - 11:25AM Kevin	Aqua Fitness 10h30 - 11h25 10:30AM - 11:25AM Hendrica		*Aqua Fitness 10h30 - 11h25 10:30AM - 11:25AM Maria	

* Femmes Seulement
*Women Only

Last Update: October 28, 2022