



Group Fitness Schedule

FITNESS AREA						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Tone and Mobility 6:30AM - 7:25AM Olga Studio 2			
		Circuit Challenge 7:30AM - 8:25AM Eduardo Mezzanine/Studio 2			MetCon 7:30AM - 8:25AM Monica Functional Area/ Studio 2	
	BodyBurn 8:30AM - 9:25AM Carole Studio 2	Boot Camp 8:30AM - 9:25AM Carrie Studio 2	20-20-20 8:30AM - 9:25AM Eduardo Studio 2	TWO (Todays WO) 8:30AM - 9:20AM Guylaine Studio 2	Booty Barre 8:30AM - 9:30AM Carole Studio 2	
Body Sculpt 9:00AM - 9:55AM Carole Studio 2		Cardio & Tone (Women) 9:00AM - 9:55AM Susan Studio 3				Zumba 9:00AM - 9:55AM Nassim Studio 2
Ride to the Core 10:00AM - 10:55AM Stephanie Cycle Studio & Mezzanine	Essentrics 9:30AM - 10:25AM Carole Studio 2	Barre 9:30AM - 10:25AM Carrie Studio 2	Pilot: Eldoa 9:30AM - 10:25AM Monica Studio 2	Cardio & Pilates(Women) 9:00AM - 9:55AM Susan Studio 3	Zumba 9:45AM - 10:45AM Carole Studio 2	Pilot: Pilates Tone 10:00AM - 10:55AM Nassim Studio 3
Boot Camp 10:05AM - 11:00AM Carrie Studio 2	Tai Chi 10:30AM - 11:25AM George Studio 3		Kabalah Yoga 10:45AM - 11:40AM Audi Studio 2	Zumba 9:30AM - 10:25AM Guylaine Studio 2	All Drills Ride 10:00AM - 10:55AM Carrie/Linda R. Cycle Studio	20-20-20 10:00AM - 10:55AM Scott Studio 2
Kabalah Yoga 11:10AM - 12:25PM Audi Studio 2	Yoga 12:00PM - 12:55PM Susan Studio 3	Yoga Flow 10:45AM - 11:40AM Susy Studio 2	Zumba Toning (Women) 12:15PM - 1:00PM Carole Studio 2	Yoga 10:30AM - 11:25AM Susan Studio 2	Essentrics 11:00AM - 12:00PM Carole Studio 2	Circuit Training 10:00AM - 10:55AM Monica Mezzanine
	Zumba (Women) 12:00PM - 12:55PM Guylaine Studio 2	The Work Out 12:15PM - 12:55PM Eduardo Mezzanine	Power Ride 12:15PM - 1:00PM Monica Cycle Studio			Eldoa 11:00AM - 11:55AM Monica Studio 2
	RPM Ride 12:15PM - 1:00PM Linda R. Cycle Studio	Pilates(Women) 12:15PM - 1:00PM Alison Studio 2		Full Body Circuit 12:15PM - 1:00PM Linda B. Mezzanine		
	Spin & Sculpt 5:30PM - 6:25PM Linda B. Cycle Studio	Eldoa 5:30PM - 6:25PM Monica Studio 2	Cardio Attack 6:00PM - 6:30PM Nassim Studio 2	The Work Out 5:30PM - 6:25PM Monica Studio 2		
	Pilates 7:00PM - 7:55PM Shira Studio 2	Pilot: All Drills Ride 6:30PM - 7:25PM Carrie Cycle Studio	Body Sculpt 6:30PM - 7:25PM Nassim Studio 2	Yoga Vinyasa Flow 7:00PM - 7:55PM Audi Studio 2		
			Pilates Sculpt 7:30PM - 8:25PM Shira Studio 2			
AQUATICS: POOL						
	Aqua Fitness 9:00AM - 9:55AM Hendrica	Aqua Fitness 9:00AM - 9:55AM Nadia	Aqua Fitness (Women) 8:30AM - 9:25AM Hendrica	Aqua Fitness 9:00AM - 9:55AM Nadia		
		Aqua Fitness 10:30AM - 11:25AM Kevin			Aqua Fitness 10:30AM - 11:25AM Maria	

Group fitness classes are free for all members

Please note that if attendance for a class is below 7 participants for a period of 6 weeks the class will be removed from the schedule. The Group Fitness schedule, including the instructor who is teaching the class, is subject to change without notice. Visit our website (www.ymywha.com) regularly and follow us on Instagram Story (@ymywha and @ymywha.fit) and/or sign up for fitness alerts for the latest updates.

New Change

Last Update: July 5, 2024



Horaire des cours de groupe

AIRE DE CONDITIONNEMENT PHYSIQUE						
Dimanche	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
			Tone and Mobility 6h30 - 7h25 Olga Studio 2			
		Circuit Challenge 7h30 - 8h25 Eduardo Mezzanine/Studio 2			MetCon 7h30 - 8h25 Monica Zone fonctionnelle/ Studio 2	
	BodyBurn 8h30 - 9h25 Carole Studio 2	Boot Camp 8h30 - 9h25 Carrie Studio 2	20-20-20 8h30 - 9h25 Eduardo Studio 2	TWO (Today's WO) 8h30 - 9h20 Guylaine Studio 2	Booty Barre 8h30 - 9h30 Carole Studio 2	Zumba 9h00 - 9h55 Guylaine Studio 2
Body Sculpt 9h00 - 9h55 Carole Studio 2		Cardio & Tone(Femmes) 9h00 - 9h55 Susan Studio 3				Pilote: Pilates Tone 10h00 - 10h55 Nassim Studio 3
Ride to the Core 10h00 - 10h55 Stephanie Studio de vélo et Mezzanine	Essentrics 9h30 - 9h25 Carole Studio 2	Barre 9h30 - 10h25 Carrie Studio 2	Pilote: Eldoa 9h30 - 10h25 Monica Studio 2	Cardio & Pilates(Femmes) 9h30 - 9h55 Susan Studio 3	Zumba 9h45 - 10h45 Carole Studio 2	20-20-20 10h00 - 10h55 Scott Studio 2
Boot Camp 10h05 - 11h00 Carrie Studio 2	Tai Chi 10h30 - 11h25 George Studio 3		Kabalah Yoga 10h45 - 11h40 Audi Studio 2	Zumba 9h30 - 10h25 Guylaine Studio 2	All Drills Ride 10h00 - 10h55 Carrie/Linda R. Studio de vélo	Circuit Training 10h00 - 10h55 Monica Mezzanine
Kabalah Yoga 11h10 - 12h25 Audi Studio 2	Yoga 12h00 - 12h55 Susan Studio 3	Yoga Flow 10h45 - 11h40 Susy Studio 2	Zumba Toning (Femmes) 12h15 - 13h00 Carole Studio 2	Yoga 10h30 - 11h25 Susan Studio 2	Essentrics 11h00 - 12h00 Carole Studio 2	Eldoa 11h00 - 11h55 Monica Studio 2
	Zumba (Femmes) 12h00 - 12h55 Guylaine Studio 2	The Work Out 12h15 - 12h55 Eduardo Mezzanine	Power Ride 12h15 - 13h00 Monica Studio de vélo			
	RPM Ride 12h15 - 13h00 Linda R. Studio de vélo	Pilates(Femmes) 12h15 - 13h00 Alison Studio 2		Full Body Circuit 12h15 - 13h00 Linda B. Mezzanine		
	Spin & Sculpt 17h30 - 18h25 Linda B. Studio de vélo	Eldoa 17h30 - 18h25 Monica Studio 2	Cardio Attack 18h00 - 18h30 Nassim Studio 2	The Work Out 17h30 - 18h25 Monica Studio 2		
	Pilates 19h00 - 19h55 Shira Studio 2	Pilote: All Drills Ride 18h30 - 19h25 Carrie Studio de vélo	Body Sculpt 18h30 - 19h25 Nassim Studio 2	Yoga Vinyasa Flow 19h00 - 19h55 Audi Studio 2		
			Pilates Sculpt 19h30 - 20h25 Shira Studio 2			
AQUATIQUE : PISCINE						
	Aqua Fitness 9h00 - 9h55 Hendrica	Aqua Fitness 9h00 - 9h55 Nadia	Aqua Fitness (Femmes) 8h30 - 9h25 Hendrica	Aqua Fitness 9h00 - 9h55 Nadia		
		Aqua Fitness 10h30 - 11h25 Kevin			Aqua Fitness 10h30 - 11h25 Maria	

Horaire des cours de groupe

Les cours de groupe sont gratuits pour tous les membres

Veillez noter que si le nombre de participants à un cours est en dessous de 7 pendant une période de 6 semaines, le cours sera retiré de notre horaire. L'horaire de cours de groupe, y compris l'instructeur qui donne le cours, peut être modifié sans préavis. Visitez régulièrement notre site Web (www.ymywha.com) et suivez-nous sur Instagram Story (@ymywha et @ymywha.fit) et/ou s'inscrire aux alertes de conditionnement physique pour obtenir les dernières mises à jour.

Nouveau changement

Modification: 5 juillet 2024