



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 Functional Area/Studio 2 | | Pilot: FitBall 7:30AM - 8:20AM Nassim Studio 3 | MetCon 7:30AM - 8:25AM Monica Functional Area/Studio 2 | |
| | BodyBurn 8:30AM - 9:25AM Carole Studio 2 | Total Strength 8:30AM - 9:25AM Carrie Studio 2 | 20-20-20 8:30AM - 9:25AM Eduardo Studio 2 | TWO (Todays WO) 8:30AM - 9:20AM Nassim 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 |
| All Drills Ride 10:00AM - 10:55AM Stephanie Cycle Studio | 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 | |
| Alternating class: Boot Camp/Cardio Combat 10:05AM - 11:00AM Carrie/Nassim Studio 2 | Tai Chi 10:30AM - 11:25AM George Studio 3 | | Kabalah Yoga 11:00AM - 12:00PM Audi Studio 2 | Zumba 9:30AM - 10:25AM Rivky 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 Aireen 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 | | |
| | 20-20-20 5:30PM - 6:25PM Eduardo Studio 2 | Eldoa 5:30PM - 6:25PM Monica Studio 2 | Cardio Attack-Step 5:30PM - 6:25PM Nassim Studio 2 | The Work Out 5:30PM - 6:25PM Monica Studio 2 | | |
| | | Pilot: All Drills Ride 6:00PM - 6:55PM Carrie Cycle Studio | Body Sculpt 6:30PM - 7:25PM Nassim Studio 2 | Pilot: Spin & Sculpt 6:30PM - 7:25PM Nassim Cycle Studio/Mezzanine | | |
| | Pilates 7:00PM - 7:55PM Shira Studio 2 | | Pilates Sculpt 7:30PM - 8:25PM Shira Studio 2 | Yoga Vinyasa Flow 7:00PM - 7:55PM Audi 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: November 21, 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 Zone fonctionnelle/ Studio 2 | | Pilot: FitBall 7h30 - 8h20 Nassim Studio 3 | MetCon 7h30 - 8h25 Monica Zone fonctionnelle/ Studio 2 | |
| | BodyBurn 8h30 - 9h25 Carole Studio 2 | Total Strength 8h30 - 9h25 Carrie Studio 2 | 20-20-20 8h30 - 9h25 Eduardo Studio 2 | TWO (Today's WO) 8h30 - 9h20 Nassim Studio 2 | Booty Barre 8h30 - 9h20 Carole Studio 2 | Zumba 9h00 - 9h55 Nassim Studio 2 |
| Body Sculpt 9h00 - 9h55 Carole Studio 2 | | Cardio & Tone(Femmes) 9h00 - 9h55 Susan Studio 3 | | | | |
| All Drills Ride 10h00 - 10h55 Stephanie Studio de vélo | Essentrics 9h30 - 10h25 Carole Studio 2 | Barre 9h30 - 10h25 Carrie Studio 2 | Pilote: Eldoa 9h30 - 10h25 Monica Studio 2 | Cardio & Pilates(Femmes) 9h00 - 9h55 Susan Studio 3 | Zumba 9h45 - 10h45 Carole Studio 2 | 20-20-20 10h00 - 10h55 Scott Studio 2 |
| En alternance Boot Camp/Cardio Combat 10h05 - 11h00 Carrie/Nassim Studio 2 | Tai Chi 10h30 - 11h25 George Studio 3 | | Kabalah Yoga 11h00 - 12h00 Audi Studio 2 | Zumba 9h30 - 10h25 Rivky 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 Aireen 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 | | |
| | 20-20-20 17h30 - 18h25 Eduardo Studio 2 | Eldoa 17h30 - 18h25 Monica Studio 2 | Cardio Attack-Step 17h30 - 18h25 Nassim Studio 2 | The Work Out 17h30 - 18h25 Monica Studio 2 | | |
| | | Pilote: All Drills Ride 18h00 - 18h55 Carrie Studio de vélo | Body Sculpt 18h30 - 19h25 Nassim Studio 2 | Pilote: Spin & Sculpt 18h30 - 19h25 Nassim Studio de vélo / Mezzanine | | |
| | Pilates 19h00 - 19h55 Shira Studio 2 | | Pilates Sculpt 19h30 - 20h25 Shira Studio 2 | Yoga Vinyasa Flow 19h00 - 19h55 Audi 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: 21 novembre 2024