



## Group Fitness Schedule

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

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](http://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: 13 decembre 2024



## Horaire des cours de groupe

AIRE DE CONDITIONNEMENT PHYSIQUE						
Dimanche	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
			<b>Tone and Mobility</b> 6h30 - 7h25 Olga Studio 2			
		<b>Circuit Challenge</b> 7h30 - 8h25 Eduardo Zone fonctionnelle/ Studio 2		<b>FitBall</b> 7h30 - 8h20 Nassim Studio 3	<b>MetCon</b> 7h30 - 8h25 Eduardo Zone fonctionnelle/ Studio 2	
	<b>BodyBurn</b> 8h30 - 9h25 Carole Studio 2	<b>Total Strength</b> 8h30 - 9h25 Carrie Studio 2	<b>20-20-20</b> 8h30 - 9h25 Eduardo Studio 2	<b>TWO (Today's WO)</b> 8h30 - 9h20 Nassim Studio 2	<b>Booty Barre</b> 8h30 - 9h30 Carole Studio 2	<b>Zumba</b> 9h00 - 9h55 Nassim Studio 2
<b>Body Sculpt</b> 9h00 - 9h55 Carole Studio 2		<b>Cardio &amp; Tone(Femmes)</b> 9h00 - 9h55 Susan Studio 3				
<b>All Drills Ride</b> 10h00 - 10h55 Stephanie Studio de vélo	<b>Essentrics</b> 9h30 - 10h25 Carole Studio 2	<b>Barre</b> 9h30 - 10h25 Carrie Studio 2	<b>Pilote: Eldoa</b> 9h30 - 10h25 Monica Studio 2	<b>Cardio &amp; Pilates(Femmes)</b> 9h00 - 9h55 Susan Studio 3	<b>Zumba</b> 9h45 - 10h45 Carole Studio 2	<b>20-20-20</b> 10h00 - 10h55 Scott Studio 2
<b>En alternance Boot Camp/Cardio Combat</b> 10h05 - 11h00 Carrie/Nassim Studio 2	<b>Tai Chi</b> 10h30 - 11h25 George Studio 3		<b>Kabalah Yoga</b> 11h00 - 12h00 Audi Studio 2	<b>Zumba</b> 9h30 - 10h25 Rivky Studio 2	<b>All Drills Ride</b> 10h00 - 10h55 Carrie/Linda R. Studio de vélo	<b>Circuit Training</b> 10h00 - 10h55 Monica Mezzanine
<b>Kabalah Yoga</b> 11h10 - 12h25 Audi Studio 2	<b>Yoga</b> 12h00 - 12h55 Susan Studio 3	<b>Yoga Flow</b> 10h45 - 11h40 Susy Studio 2	<b>Zumba Toning (Femmes)</b> 12h15 - 13h00 Carole Studio 2	<b>Yoga</b> 10h30 - 11h25 Susan Studio 2	<b>Essentrics</b> 11h00 - 12h00 Carole Studio 2	<b>Eldoa</b> 11h00 - 11h55 Monica Studio 2
	<b>Zumba (Femmes)</b> 12h00 - 12h55 Aireen Studio 2	<b>The Work Out</b> 12h15 - 12h55 Eduardo Mezzanine	<b>Power Ride</b> 12h15 - 13h00 Monica Studio de vélo			
	<b>RPM Ride</b> 12h15 - 13h00 Linda R. Studio de vélo	<b>Pilates(Femmes)</b> 12h15 - 13h00 Alison Studio 2		<b>Full Body Circuit</b> 12h15 - 13h00 Linda B. Mezzanine		
	<b>20-20-20</b> 17h30 - 18h25 Eduardo Studio 2	<b>Eldoa</b> 17h30 - 18h25 Monica Studio 2	<b>Cardio Attack-Step</b> 17h30 - 18h25 Nassim Studio 2	<b>The Work Out</b> 17h30 - 18h25 Monica Studio 2		
		<b>Pilote: All Drills Ride</b> 18h00 - 18h55 Carrie Studio de vélo	<b>Body Sculpt</b> 18h30 - 19h25 Nassim Studio 2			
	<b>Pilates</b> 19h00 - 19h55 Shira Studio 2		<b>Pilates Sculpt</b> 19h30 - 20h25 Shira Studio 2	<b>Yoga Vinyasa Flow</b> 19h00 - 19h55 Audi Studio 2		
AQUATIQUE : PISCINE						
	<b>Aqua Fitness</b> 9h00 - 9h55 Hendrica	<b>Aqua Fitness</b> 9h00 - 9h55 Nadia	<b>Aqua Fitness (Femmes)</b> 8h30 - 9h25 Hendrica	<b>Aqua Fitness</b> 9h00 - 9h55 Nadia		
		<b>Aqua Fitness</b> 10h30 - 11h25 Kevin			<b>Aqua Fitness</b> 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](http://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: 13 decembre 2024