



Group Fitness Schedule

FITNESS AREA						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Circuit Challenge 7:30AM - 8:25AM Eduardo <i>Functional Area/Studio 2</i>	Tone and Mobility 7:30AM - 8:25AM Olga <i>Studio 2</i>	FitBall 7:30AM - 8:20AM Nassim <i>Studio 3</i>	MetCon 7:30AM - 8:25AM Eduardo <i>Functional Area/Studio 2</i>	
	BodyBurn 8:30AM - 9:25AM Carole <i>Studio 2</i>	Total Strength 8:30AM - 9:25AM Carrie <i>Studio 2</i>	20-20-20 8:30AM - 9:25AM Eduardo <i>Studio 2</i>	TWO (Todays WO) 8:30AM - 9:20AM Nassim <i>Studio 2</i>	Booty Barre 8:30AM - 9:30AM Carole <i>Studio 2</i>	
Body Sculpt 9:00AM - 9:55AM Carole <i>Studio 2</i>		Cardio & Tone (Women) 9:00AM - 9:55AM Susan <i>Studio 3</i>				Zumba 9:00AM - 9:55AM Nassim <i>Studio 2</i>
All Drills Ride 10:00AM - 10:55AM Stephanie <i>Cycle Studio</i>	Essentrics 9:30AM - 10:25AM Carole <i>Studio 2</i>	Barre 9:30AM - 10:25AM Carrie <i>Studio 2</i>	Pilot: Eldoa 9:30AM - 10:25AM Monica <i>Studio 2</i>	Cardio & Pilates(Women) 9:00AM - 9:55AM Susan <i>Studio 3</i>	Zumba 9:45AM - 10:45AM Carole <i>Studio 2</i>	
Alternating class: Boot Camp/Cardio Combat 10:05AM - 11:00AM Carrie/Nassim <i>Studio 2</i>	Tai Chi 10:30AM - 11:25AM George <i>Studio 3</i>		Kabalah Yoga 11:00AM - 12:00PM Audi <i>Studio 2</i>	Zumba 9:30AM - 10:25AM Nassim <i>Studio 2</i>	All Drills Ride 10:00AM - 10:55AM Carrie/Linda R. <i>Cycle Studio</i>	20-20-20 10:00AM - 10:55AM Nassim <i>Studio 2</i>
Kabalah Yoga 11:10AM - 12:25PM Audi <i>Studio 2</i>	Yoga 12:00PM - 12:55PM Susan <i>Studio 3</i>	Yoga Flow 10:45AM - 11:40AM Susy <i>Studio 2</i>	Zumba Toning (Women) 12:15PM - 1:00PM Carole <i>Studio 2</i>	Yoga 10:30AM - 11:25AM Susan <i>Studio 2</i>	Essentrics 11:00AM - 12:00PM Carole <i>Studio 2</i>	Circuit Training 10:00AM - 10:55AM Monica <i>Mezzanine</i>
	Zumba (Women) 12:00PM - 12:55PM Aireen <i>Studio 2</i>	The Work Out 12:15PM - 12:55PM Eduardo <i>Mezzanine</i>	Power Ride 12:15PM - 1:00PM Monica <i>Cycle Studio</i>			Eldoa 11:00AM - 11:55AM Monica <i>Studio 2</i>
	RPM Ride 12:15PM - 1:00PM Linda R. <i>Cycle Studio</i>	Pilates(Women) 12:15PM - 1:00PM Alison <i>Studio 2</i>		Full Body Circuit 12:15PM - 1:00PM Linda B. <i>Mezzanine</i>		
	20-20-20 5:30PM - 6:25PM Eduardo <i>Studio 2</i>	Eldoa 5:30PM - 6:25PM Monica <i>Studio 2</i>	Cardio Attack-Step 5:30PM - 6:25PM Nassim <i>Studio 2</i>	The Work Out 5:30PM - 6:25PM Monica <i>Studio 2</i>		
		Pilot: All Drills Ride 6:00PM - 6:55PM Carrie <i>Cycle Studio</i>	Body Sculpt 6:30PM - 7:25PM Nassim <i>Studio 2</i>			
	Pilates 7:00PM - 7:55PM Shira <i>Studio 2</i>		Pilates Sculpt 7:30PM - 8:25PM Shira <i>Studio 2</i>	Yoga Vinyasa Flow 7:00PM - 7:55PM Audi <i>Studio 2</i>		
AQUATICS: POOL						
	Aqua Fitness 9:00AM - 9:55AM Lori	Aqua Fitness 9:00AM - 9:55AM Nadia	Aqua Fitness (Women) 8:30AM - 9:25AM Gracia	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: 23 janvier 2025



Horaire des cours de groupe

AIRE DE CONDITIONNEMENT PHYSIQUE						
Dimanche	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
		Circuit Challenge 7h30 - 8h25 Eduardo <i>Zone fonctionnelle/ Studio 2</i>	Tone and Mobility 7h30 - 8h25 Olga <i>Studio 2</i>	FitBall 7h30 - 8h20 Nassim <i>Studio 3</i>	MetCon 7h30 - 8h25 Eduardo <i>Zone fonctionnelle/ Studio 2</i>	
	BodyBurn 8h30 - 9h25 Carole <i>Studio 2</i>	Total Strength 8h30 - 9h25 Carrie <i>Studio 2</i>	20-20-20 8h30 - 9h25 Eduardo <i>Studio 2</i>	TWO (Today's WO) 8h30 - 9h20 Nassim <i>Studio 2</i>	Booty Barre 8h30 - 9h20 Carole <i>Studio 2</i>	Zumba 9h00 - 9h55 Nassim <i>Studio 2</i>
Body Sculpt 9h00 - 9h55 Carole <i>Studio 2</i>		Cardio & Tone(Femmes) 9h00 - 9h55 Susan <i>Studio 3</i>				
All Drills Ride 10h00 - 10h55 Stephanie <i>Studio de vélo</i>	Essentrics 9h30 - 10h25 Carole <i>Studio 2</i>	Barre 9h30 - 10h25 Carrie <i>Studio 2</i>	Pilote: Eldoa 9h30 - 10h25 Monica <i>Studio 2</i>	Cardio & Pilates(Femmes) 9h00 - 9h55 Susan <i>Studio 3</i>	Zumba 9h45 - 10h45 Carole <i>Studio 2</i>	20-20-20 10h00 - 10h55 Nassim <i>Studio 2</i>
En alternance Boot Camp/Cardio Combat 10h05 - 11h00 Carrie/Nassim <i>Studio 2</i>	Tai Chi 10h30 - 11h25 George <i>Studio 3</i>		Kabalah Yoga 11h00 - 12h00 Audi <i>Studio 2</i>	Zumba 9h30 - 10h25 Nassim <i>Studio 2</i>	All Drills Ride 10h00 - 10h55 Carrie/Linda R. <i>Studio de vélo</i>	Circuit Training 10h00 - 10h55 Monica <i>Mezzanine</i>
Kabalah Yoga 11h10 - 12h25 Audi <i>Studio 2</i>	Yoga 12h00 - 12h55 Susan <i>Studio 3</i>	Yoga Flow 10h45 - 11h40 Susy <i>Studio 2</i>	Zumba Toning (Femmes) 12h15 - 13h00 Carole <i>Studio 2</i>	Yoga 10h30 - 11h25 Susan <i>Studio 2</i>	Essentrics 11h00 - 12h00 Carole <i>Studio 2</i>	Eldoa 11h00 - 11h55 Monica <i>Studio 2</i>
	Zumba (Femmes) 12h00 - 12h55 Aireen <i>Studio 2</i>	The Work Out 12h15 - 12h55 Eduardo <i>Mezzanine</i>	Power Ride 12h15 - 13h00 Monica <i>Studio de vélo</i>			
	RPM Ride 12h15 - 13h00 Linda R. <i>Studio de vélo</i>	Pilates(Femmes) 12h15 - 13h00 Alison <i>Studio 2</i>		Full Body Circuit 12h15 - 13h00 Linda B. <i>Mezzanine</i>		
	20-20-20 17h30 - 18h25 Eduardo <i>Studio 2</i>	Eldoa 17h30 - 18h25 Monica <i>Studio 2</i>	Cardio Attack-Step 17h30 - 18h25 Nassim <i>Studio 2</i>	The Work Out 17h30 - 18h25 Monica <i>Studio 2</i>		
		Pilote: All Drills Ride 18h00 - 18h55 Carrie <i>Studio de vélo</i>	Body Sculpt 18h30 - 19h25 Nassim <i>Studio 2</i>			
	Pilates 19h00 - 19h55 Shira <i>Studio 2</i>		Pilates Sculpt 19h30 - 20h25 Shira <i>Studio 2</i>	Yoga Vinyasa Flow 19h00 - 19h55 Audi <i>Studio 2</i>		
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 (@ymywaha et @ymywaha.fit) et/ou s'inscrire aux alertes de conditionnement physique pour obtenir les dernières mises à jour.

Nouveau changement

Modification: 23 janvier 2025