



Group Fitness Schedule						
From Monday, May 11, 2026						
FITNESS AREA						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	ABPlus 7:30AM - 8:25AM Eve Studio 2	Circuit Challenge 7:30AM - 8:25AM Alternating Teachers Functional Area/Studio 2	20-20-20 7:30AM - 8:25AM Eduardo Studio 2		The Mashup 7:30AM - 8:25AM Nassim Studio 2	
	HIIT 8:30AM - 9:25AM Eduardo Studio 2	Total Strength 8:30AM - 9:25AM Carrie Studio 2	Body Burn 8:30AM - 9:25AM Monica Studio 2	TWO (Todays WO) 8:30AM - 9:20AM Carrie Studio 2	Booty Barre 8:30AM - 9:30AM Carole Studio 2	
Total Strength 9:00AM - 9:55AM Carole Studio 2	Essentrics 9:30AM - 10:25AM Carole Studio 2					Zumba 9:00AM - 9:55AM Nassim Studio 2
All Drills Ride 10:00AM - 10:55AM Stephanie Cycle Studio	Tai Chi 10:30AM - 11:25AM George Activity 1	Barre (Women) 9:30AM - 10:25AM Carrie Studio 2	Eldoa 9:30AM - 10:25AM Monica Studio 2	Cardio & Pilates(Women) 9:30AM - 10:25AM Susan Studio 2	Zumba 9:45AM - 10:45AM Carole Studio 2	ABPlus 10:00AM - 10:55AM Eve Studio 3
Body Sculpt 10:05AM - 11:00AM Carrie Studio 2	Strength Basics 11:00AM - 12:00PM Louise Studio 2		Kabalah Yoga 11:00AM - 12:00PM Audi Studio 2	Body Strength 9:40AM - 10:35AM Carrie Mezzanine	All Drills Ride 10:00AM - 10:55AM Carrie/Linda R. Cycle Studio	20-20-20 10:00AM - 10:55AM Nassim Studio 2
Kabalah Yoga 11:10AM - 12:25PM Audi Studio 2	Yoga 12:00PM - 12:55PM Susan Activity 1	Yoga Flow 10:45AM - 11:40AM Susy Studio 2	Zumba Toning (Women) 12:15PM - 1:00PM Carole Studio 2	Yoga 10:40AM - 11:35AM Susan Studio 2	Essentrics 11:00AM - 12:00PM Carole Studio 2	Circuit Training 10:00AM - 10:55AM Monica Mezzanine
	Zumba (Women) 12:15PM - 1:00PM Ana P. Studio 2	Strength Circuits 12:15PM - 1:00PM Louise Mezzanine	Power Ride 12:15PM - 1:00PM Monica Cycle Studio	Therapeutic Fitness 12:15PM - 1:00PM Louise Studio 2		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 Combat 5:30PM - 6:25PM Nassim Studio 2	The Work Out 5:30PM - 6:25PM Monica Studio 2		
	Barre/Pilates 6:30PM - 7:25PM Olga Studio 2	Vibe Spin 6:00PM - 6:55PM Carrie Cycle Studio	Body Sculpt 6:30PM - 7:25PM Nassim Studio 2	Zumba 6:30PM - 7:25PM Nassim Studio 2		
			Pilates Sculpt 7:30PM - 8:25PM Olga Studio 2	Yoga Vinyasa Flow 7:30PM - 8:25PM Audi Studio 2		
AQUATICS: POOL						
	Aqua Fitness 9:00AM - 9:55AM Olga	Aqua Fitness 9:00AM - 9:55AM Aurelia	Aqua Fitness (Women) 8:30AM - 9:25AM Gracia	Aqua Fitness 9:00AM - 9:55AM Nadia		
		Aqua Fitness 10:30AM - 11:25AM Kevin			Aqua Fitness (Women) 10:30AM - 11:25AM Aurelia	

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: May 11, 2026



Horaire des cours de groupe

Du lundi 11 mai 2026

AIRE DE CONDITIONNEMENT PHYSIQUE

Dimanche	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
	ABPlus 7h30 - 8h25 Eve Studio 2	Circuit Challenge 7h30 - 8h25 Enseignants en alternance Zone fonctionnelle/Studio 2	20-20-20 7h30 - 8h25 Eduardo Studio 2		The Mashup 7h30 - 8h25 Nassim Studio 2	
	HIIT 8h30 - 9h25 Eduardo Studio 2	Total Strength 8h30 - 9h25 Carrie Studio 2	Body Burn 8h30 - 9h25 Monica Studio 2	TWO (Today's WO) 8h30 - 9h20 Carrie Studio 2	Booty Barre 8h30 - 9h30 Carole Studio 2	Zumba 9h00 - 9h55 Nassim Studio 2
Total Strength 9h00 - 9h55 Carole Studio 2	Essentrics 9h30 - 10h25 Carole Studio 2					ABPlus 10h00 - 10h55 Eve Studio 3
All Drills Ride 10h00 - 10h55 Stephanie Studio de vélo	Tai Chi 10h30 - 11h25 George Activité 1	Barre (Femmes) 9h30 - 10h25 Carrie Studio 2	Eldoa 9h30 - 10h25 Monica Studio 2	Cardio & Pilates(Femmes) 9h30 - 10h25 Susan Studio 2	Zumba 9h45 - 10h45 Carole Studio 2	20-20-20 10h00 - 10h55 Nassim Studio 2
Body Sculpt 10h05 - 11h00 Carrie Studio 2	Strength Basics 11h00 - 12h00 Louise Studio 2		Kabalah Yoga 11h00 - 12h00 Audi Studio 2	Body Strength 9h40 - 10h35 Carrie Mezzanine	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 Activité 1	Yoga Flow 10h45 - 11h40 Susy Studio 2	Zumba Toning (Femmes) 12h15 - 13h00 Carole Studio 2	Yoga 10h40 - 11h35 Susan Studio 2	Essentrics 11h00 - 12h00 Carole Studio 2	Eldoa 11h00 - 11h55 Monica Studio 2
	Zumba (Femmes) 12h15 - 13h00 Ana P Studio 2	Strength Circuits 12h15 - 13h00 Louise Mezzanine	Power Ride 12h15 - 13h00 Monica Studio de vélo	Therapeutic Fitness 12h15 - 13h00 Louise Studio 2		
	RPM Ride 12h15 - 13h00 Linda R. Studio de vélo	Pilates(Femmes) 12h15 - 13h00 Alison Studio 2		Full Body Circuit 12h15 - 13h00 Linda B. Mezzanine		

Horaire des cours de groupe

	20-20-20 17h30 - 18h25 Eduardo Studio 2	Eldoa 17h30 - 18h25 Monica Studio 2	Cardio Combat 17h30 - 18h25 Nassim Studio 2	The Work Out 17h30 - 18h25 Monica Studio 2		
	Barre/Pilates 18h30 - 19h25 Olga Studio 2	Vibe Spin 18h00 - 18h55 Carrie Studio de vélo	Body Sculpt 18h30 - 19h25 Nassim Studio 2	Zumba 18h30 - 19h25 Nassim Studio 2		
			Pilates Sculpt 19h30 - 20h25 Olga Studio 2	Yoga Vinyasa Flow 19h30 - 20h25 Audi Studio 2		

AQUATIQUE : PISCINE

	Aqua Fitness 9h00 - 9h55 Olga	Aqua Fitness 9h00 - 9h55 Aurelia	Aqua Fitness (Femmes) 8h30 - 9h25 Gracia	Aqua Fitness 9h00 - 9h55 Nadia		
		Aqua Fitness 10h30 - 11h25 Kevin			Aqua Fitness (Femmes) 10h30 - 11h25 Aurelia	

Les cours de groupe sont gratuits pour tous les membres

Veuillez 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 (@myywha et @myywha.fit)et/ou s'inscrire aux alertes de conditionnement physique pour obtenir les dernières mises à jour.

Nouveau changement

Modification: 11 mai 2026