SYLVAN ADAMS
YM-YWHA
CCJ BEN WEIDER JCC
HARRY BRONFMAN YCC

Group Fitness Schedule

From Friday, October 16, 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*	**Pilot: Spin & Sculpt**** 7:30AM - 8:25AM Yannick Cycle Studio	**Pilot: Mat Pilates**** 7:30AM - 8:25AM Olha Studio 2	**The Mashup**** 7:30AM - 8:25AM Eduardo *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 - 9:50AM Nassim Studio 2
All Drills Ride** 10:00AM - 10:55AM Stephanie *Cycle Studio*	**Tai Chi**** 10:30AM - 11:25AM George *Studio 3*	**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*	
Body Sculpt** 10:05AM - 11:00AM Carrie *Studio 2*	**Strength Basics*** 11:00AM - 12:00PM Louise Studio 2	**Pilot: Spin & Sculpt*** 10:00AM - 10:55AM Eduardo Cycle Studio	**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*	**Cardio Tone**** 10:00AM - 10:50AM Nassim Studio 2
Kabalah Yoga** 11:10AM - 12:25PM Audi *Studio 2*	**Yoga**** 12:00PM - 12:55PM Susan *Studio 3*	**Yoga Flow**** 11:00AM - 11:55AM 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*		
		Vibe Spin** 6:00PM - 6:55PM Carrie *Cycle Studio*	**Body Sculpt**** 6:30PM - 7:20PM Nassim *Studio 2*	**Zumba**** 6:30PM - 7:20PM Nassim *Studio 2*		
	Barre/Pilates** 6:30PM - 7:25PM Olga *Studio 2*	**Strength Basics*** 6:00PM - 6:55PM Louise *Mezzanine*	**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

*Beginner **Moderate/All Levels ***Advanced/High Intensity

Last Update: October 15, 2026

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Horaire des cours de groupe

Du vendredi 16 octobre 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*	**Pilote: Spin & Sculpt** 7h30 - 8h25 Yannick *Studio de vélo*	**Pilote: Mat Pilates** 7h30 - 8h25 Olha *Studio 2*	**The Mashup** 7h30 - 8h25 Eduardo *Studio 2*	
	HIIT 8h30 - 9h25 Eduardo *Studio 2*	**Total Strength** 8h30 - 9h25 Carrie *Studio 2*	**Body Burn** 8h30 - 9h25 Monica *Studio 2*	**TWO (Todays WO)** 8h30 - 9h20 Carrie *Studio 2*	**Booty Barre** 8h30 - 9h30 Carole *Studio 2*	**Zumba** 9h00 - 9h50 Nassim *Studio 2*
Total Strength 9h00 - 9h55 Carole Studio 2	**Essentrics** 9h30 - 10h25 Carole *Studio 2*					
All Drills Ride 10h00 - 10h55 Stephanie *Studio de vélo*	**Tai Chi** 10h30 - 11h25 George *Studio 3*	**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*	**Cardio Tone** 10h00 - 10h50 Nassim *Studio 2*
Body Sculpt 10h05 - 11h00 Carrie *Studio 2*	**Strength Basics*** 11h00 - 12h00 Louise *Studio 2*	**Pilote: Spin & Sculpt*** 10h00 - 10h55 Eduardo *Studio de vélo*	**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 *Studio 3*	**Yoga Flow**** 11h00 - 11h55 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*		
	20-20-20** 17h30 - 18h25 Eduardo *Studio 2*	**Eldoa**** 17h30 - 18h25 Monica *Studio 2*	**Cardio Combat**** 17h30 - 18h20 Nassim *Studio 2*	**The Work Out**** 17h30 - 18h25 Monica *Studio 2*		
		Vibe Spin** 18h00 - 18h55 Carrie *Studio de vélo*	**Body Sculpt**** 18h30 - 19h25 Nassim *Studio 2*	**Zumba**** 18h30 - 19h20 Nassim *Studio 2*		
	Barre/Pilates** 18h30 - 19h25 Olga *Studio 2*	**Strength Basics*** 18h00 - 18h55 Louise *Mezzanine*	**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 (@ymywha et @ymywha.fit)et/ou s'inscrire aux alertes de conditionnement physique pour obtenir les dernières mises à jour.

Nouveau changement

*Débutant **Niveau intermédiaire/Tous niveaux ***Avancé/Haute intensité

Modification: 15 octobre 2026

Horaire des cours de groupe