

Print date: 2022-05-16

Spring 2022

From 2022-03-28 to 2022-06-19

OPENING HOURS

Monday - Friday: 6:45 am - 9 pm

Saturday - Sunday: 7:45 am - 5 pm

HOLIDAYS

April, 17: 7:45 am - 5 pm No group fitness classes. May, 23: 6:45 am - 9 pm No group fitness classes.

Group Fitness - Morning

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 - 11:00 Pilates 2B - Line <input type="checkbox"/>	10:00 - 11:00 Total Sculpt 2C - Christiane <input type="checkbox"/>	10:00 - 11:00 Gentle Fitness 2C - Alexia <input type="checkbox"/>	10:00 - 10:45 Cycling 2A - Christiane <input checked="" type="checkbox"/>	10:00 - 11:00 Yoga 2C - Christiane <input type="checkbox"/>	10:00 - 11:00 Total Sculpt 2C - Micheline <input type="checkbox"/>	10:30 - 11:25 Zumba® 2C - Stéphanie <input type="checkbox"/>

Group Fitness - Midday

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00 - 12:00 Aero-Dance-Pilates 2C - Nathalie <input type="checkbox"/>	12:30 - 13:30 Pilates 2C - Gala <input type="checkbox"/>	11:00 - 12:00 Pilates 2B - Nathalie <input type="checkbox"/>	12:30 - 13:30 Yoga 2C - Christiane <input type="checkbox"/>	11:00 - 12:00 Pilates 2B - Nathalie <input type="checkbox"/>	11:00 - 11:50 Cycling 2A - Mathilde <input checked="" type="checkbox"/>	11:00 - 11:50 Cycling 2A - Kyle <input checked="" type="checkbox"/>
12:30 - 13:30 Gentle Yoga 2B - Mara <input type="checkbox"/>		12:00 - 12:45 Interval Training 2A - Alexia <input checked="" type="checkbox"/>		12:00 - 12:45 Circuit Training 2C - Alexia <input type="checkbox"/>	11:15 - 12:15 Zumba® 2C - Micheline <input type="checkbox"/>	11:45 - 12:45 Yoga 2B - Christiane <input type="checkbox"/>
					12:30 - 13:30 Yoga 2B - Malika <input type="checkbox"/>	13:00 - 14:00 Pilates 2C - Violaine <input type="checkbox"/>

Group Fitness - Evening

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17:30 - 18:30 Circuit Training 2C - Manal <input type="checkbox"/>	17:30 - 18:30 Pilates 2B - Sasha <input type="checkbox"/>	17:30 - 18:25 Zumba® 2C - Stéphanie <input type="checkbox"/>	17:30 - 18:30 Total Sculpt 2C - Micheline <input type="checkbox"/>	17:30 - 18:30 Total Sculpt 2C - Myriam <input type="checkbox"/>		
18:00 - 18:50 Cycling 2A - Christiane <input checked="" type="checkbox"/>	18:30 - 19:30 Y Pump 2C - Alexia <input type="checkbox"/>	18:00 - 19:00 Yoga 2B - Mara <input type="checkbox"/>	18:00 - 19:00 Pilates 2B - Line <input type="checkbox"/>	18:00 - 19:00 Yoga 2B - Mara <input type="checkbox"/>		
18:00 - 19:00 Yoga 2B - Sylvie-Anne <input type="checkbox"/>	19:00 - 19:50 Interval Cycling 5 April - 19 June 2A - Mathilde <input checked="" type="checkbox"/>	18:15 - 19:00 Bootcamp Gym - Billie <input type="checkbox"/>	18:30 - 19:30 Outdoor running Outdoor - Olivier <input type="checkbox"/>			
		18:30 - 19:25 Cycling 2A - Nancy <input checked="" type="checkbox"/>	19:00 - 20:00 Kickboxing 2C - El Ailla <input type="checkbox"/>			

Aquatics - Aquafit

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
09:00 - 09:50 Gentle Aquafit Pool - Sophia □	12:00 - 12:50 Aqua cardio Pool - Mary □	10:00 - 10:50 Aqua cardio Pool - Mary □		09:00 - 09:50 Aquafit Pool - Sophia □	12:00 - 12:50 Aqua interval Pool - Valérie □	
10:00 - 10:50 Aqua interval Pool - Sophia □		18:00 - 18:50 Aquafit Pool - Jahmila □				

Aquatics - Lane Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00 - 08:00 ④ □	07:00 - 08:00 ④ ☞ □	07:00 - 08:00 ④ □	07:00 - 08:00 ④ ☞ □	08:00 - 08:50 ④ ☞ □	13:00 - 14:00 ④ ☞ □	12:00 - 13:00 ④ ☞ □
08:00 - 08:50 ④ ☞ □	08:00 - 08:50 ④ ☞ □	08:00 - 09:00 ④ ☞ □	08:00 - 08:50 ④ □	10:00 - 11:00 ④ □		13:00 - 14:00 ④ □
11:00 - 12:00 ④ ☞ □	10:00 - 11:00 ④ ☞ □	09:00 - 09:50 ④ ☞ □	10:00 - 11:00 ④ ☞ □	11:00 - 12:00 ④ ☞ □		
13:00 - 14:00 ④ ☞ □	11:00 - 11:50 ④ □	11:00 - 12:00 ④ ☞ □	11:00 - 12:00 ④ □	12:00 - 13:00 ④ □		
17:00 - 18:00 ④ □	16:00 - 17:00 ④ ☞ □	13:00 - 14:00 ④ ☞ □	12:00 - 13:00 ④ ☞ □	13:00 - 14:00 ④ ☞ □		
18:00 - 19:00 ④ ☞ □		17:00 - 17:50 ④ ☞ □		20:00 - 21:00 ④ ☞ □		
20:00 - 21:00 ④ ☞ □		19:00 - 20:00 ④ □				
		20:00 - 21:00 ④ ☞ □				

Aquatics - Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16:00 - 17:00 Family Open Swim (City) (For all ages) ④ ☞ □		16:00 - 17:00 Family Open Swim (City) (For all ages) ④ ☞ □	16:00 - 16:50 Family Open Swim (City) (For all ages) ④ ☞ □			14:30 - 15:30 Family Open Swim (For all ages) ③ □

Aquatics - Swimming Clubs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	20:00 - 20:50 Triathlon - Swimming Pool - Oliver ④ □			07:00 - 07:50 Triathlon - Swimming Pool - Oliver ④ □		

Health and fitness - Sports and Recreation

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00 - 11:00 Open Gym Gym <input type="checkbox"/>	16:30 - 19:00 Open Gym Gym <input type="checkbox"/>	10:00 - 11:00 Open Gym Gym <input type="checkbox"/>	14:00 - 15:00 Open Gym Gym <input type="checkbox"/>	10:00 - 11:00 Open Gym Gym <input type="checkbox"/>	13:00 - 14:00 Open Gym Gym <input type="checkbox"/>	15:00 - 17:00 Supervised Soccer (18+) Gym - À venir/TBA <input type="checkbox"/>
17:00 - 18:00 Open Gym Gym <input type="checkbox"/>			17:00 - 19:00 Open Gym Gym <input type="checkbox"/>		14:00 - 15:00 Open Gym Gym <input type="checkbox"/>	
18:00 - 19:00 Open Gym Gym <input type="checkbox"/>					15:00 - 17:00 Supervised Basketball (18+) Gym - À venir/TBA <input type="checkbox"/>	
19:00 - 21:00 Supervised Basketball (18+) Gym - À venir/TBA <input type="checkbox"/>						

Children's activities (0-12 years)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		17:00 - 17:55 Introduction to soccer (3-5 yrs) 30 March - 2 June Gym / \$ <input type="checkbox"/>			09:00 - 09:55 Soccer 6-7 years – Level 1 2 April - 4 June Gym - À venir/TBA / \$ <input type="checkbox"/>	09:00 - 09:55 Basketball 6-7 years – Level 1 3 April - 5 June Gym - À venir/TBA / \$ ●
					10:00 - 10:55 Soccer 8-9 years – Level 1 2 April - 4 June Gym - À venir/TBA / \$ ●	10:00 - 10:55 Basketball 8-9 years – Level 1 3 April - 5 June Gym - À venir/TBA / \$ ●
					10:00 - 10:55 Soccer 8-9 years – Level 2 2 April - 4 June Gym - À venir/TBA / \$ ◆	10:00 - 10:55 Basketball 8-9 years – Level 2 3 April - 5 June Gym - À venir/TBA / \$ ◆
						11:00 - 11:55 Basketball 10-11 years – Level 1 3 April - 5 June Gym - À venir/TBA / \$ ●
						11:00 - 11:55 Basketball 10-11 years – Level 2 3 April - 5 June Gym - À venir/TBA / \$ ◆