	Lundi Monday	Mardi Tuesday	Mercredi Wednesday	Jeudi Thursday	Vendredi Friday	Samedi Saturday	Dimanche Sunday
MORNING/MATINÉE	9h00am **Gym Stick** Nicole	9h00am **Cardio/Muscu** Nicole	7h00am **Spinning HIIT The Hills** Vincent	9h00am **TRX Bootcamp** Vincent	7h00am **Spinning Search For Sunrise** Vincent	8h00am **Alpha Fit** Vincent	9h30am **TRX Fundamentals** Chris
	10h15am **Hot Yoga** Matthew	10h15am **Spinning The Climb** Vincent	8h00am **TRX Bootcamp** Vincent	9h00am **Cardio/ Stretch** Nicole	8h00am **METCON** Vincent		10h30am **Spinning Just Ride** Kim
			9h00am **Pilates** Vincent	10h15am **Functional Core, Glutes and Stretch** Vincent	9h00am **Body Design** Vincent		
			9h00am **Gym Stick** Nicole		10h15am **Hot Yoga** Matthew		
			10h15am **Hot Yoga** Matthew				

	Lundi Monday	Mardi Tuesday	Mercredi Wednesday	Jeudi Thursday
AFTERNOON/SOIRÉE	6h00pm **Hot Vinyasa Flow** Katina	6h00pm **Spinning Just Ride** Kim	6h30pm **Alpha Prep 2** Claudine	7h15pm **Hot Stretch Meditation** Vincent
	6h00pm **Alpha Prep 1** Vincent	7h15pm **TRX Fundamentals** Chris	7h30pm **Warrior Ride** Sophie	
	7h00pm **Hot Yin Yoga** Katina			

STUDIO 1
STUDIO 2
TURF