



VICTORIA PARK CLASS SCHEDULE / HORAIRE COURS de GROUPE

13 Avril au 1^{er} Juin, 2009 / April 13 to June 1 2009

GRANGE SÉRÉNITÉ / BAREFOOT BARN

LUNDI/MONDAY	MARDI/TUESDAY	MERCREDI/WEDNESDAY	JEUDI/THURSDAY	VENDREDI/FRIDAY	SAMEDI/SATURDAY	DIMANCHE/SUNDAY
8:45 to 9:30 MAT PILATES au Sol Tanya	8:45 to 9:30 BALLET Body Cristina NEW Class!	8:45 to 9:30 MAT PILATES au Sol Jennifer	8:45 to 9:30 BALLET Body Cristina NEW Class!			
	10:00 to 11:00 FIRE FLOW YOGA de feu Maria		10:00 to 11:00 FIRE FLOW YOGA de feu Maria			
12:15 to 1:15 Bases BUDOKON Basics Annick NEW Time!		12:15 to 1:15 DEEP YOGA Profond Brandee		12:15 to 1:15 Bases BUDOKON Basics Annick NEW Time!		
		4:15 to 5:15 Bases BUDOKON Basics Annick NEW Time!				Time To Be Confirmed! DEEP YOGA Profond Brandee
5:15 to 6:15 MAT PILATES au sol Tanya		5:15 to 6:15 MAT PILATES au sol Jennifer		5:15 to 6:15 BUDOKON FLOW/Fluide Sensei Annick		
	6:30 to 7:45 ANUSARA YOGA I Maria NEW Longer Time!		6:30 to 7:45 ANUSARA YOGA II Maria NEW Longer Time!			

As space is limited, please reserve your spot, up to 24hours in advance. Vu l'espace limité, veuillez réserver vos places, jusqu'à 24 heures à l'avance.

GRANGE SÉRÉNITÉ: Tête, corps et âme		BAREFOOT BARN: Mind Body Spirit	
TARIFS:	Membres gratuit/ Non-membres \$25	CLASS FEES:	Members FREE / Non-members \$25
COURS PRIVÉS:	Disponibles sur demande, Membres \$75 /Non-membres \$85	PRIVATE CLASSES:	Available on request, Members \$75/ Non-members \$85
SEMI-PRIVÉS:	Disponibles sur demande, Membres \$45 /Non-membres \$55	SEMI-PRIVATE:	Available on request, Members \$45/ Non-members \$55



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GRANGE VITALITÉ / ENERGY BARN						
MONDAY/LUNDI	TUESDAY/MARDI	WEDNESDAY/MERCREDI	THURSDAY/JEUDI	FRIDAY/VENDREDI	SATURDAY/SAMEDI	SUNDAY/DIMANCHE
7:15 to 8:00 ♥ CARDIO KICK BOXE Annick NEW Class!	7:15 to 8:00 ☐ EXTREME TRX Annick	6:45 to 7:30 ♥ INTENSE SPIN Joanna NEW Teacher!	7:15 to 8:00 ☐ EXTREME TRX Annick			
8:00 to 9:00 ♥ SPIN INTERVALLES Joanna NEW Longer Time!	8:00 to 8:45 ♥ FLAT RUN/COURSE Vic Park Team NEW!	8:00 to 9:00 ♥ ☐ SCULPT SPIN Tonic Cristina NEW!	8:00 to 8:45 ♥ HILL RUN/COURSE Vic Park Team NEW!	8:00 to 9:00 ☐ CKB TRX CAMP Annick NEW!	8:00 to 9:00 ♥ FUN RUN Vic Park Team NEW!	
9:30 to 10:30 ♥ ☐ SCULPT SPIN Tonic Joanna	9:30 to 10:15 ♥ ☐ CARDIO BOOTCAMP Cristina NEW TIME!	9:30 to 10:15 ☐ EXTREME TRX Geraldine	9:30 to 10:15 ♥ CARDIO DANSE Cristina NEW TIME!	9:30 to 10:30 ♥ INTENSE SPIN Joanna Longer Time!	9:00 to 9:45 ☐ TRX Total Tone Annick NEW Class!	
	12:15 to 1:00 ♥ SPIN EXPRESS Geraldine NEW Longer Time!		12:15 to 1:00 ♥ SPIN EXPRESS Geraldine Longer Time!		10:00 to 10:45 ☐ XTRM CONDITION Geraldine	10:00 to 11:00 ♥ INTENSE SPIN Maria/Joanna
	1:00 to 1:30 ☐ TRX EXPRESS Geraldine		1:00 to 1:30 ☐ TRX EXPRESS Geraldine		10:45 to 11:15 ☐ TRX MAT au sol Geraldine	11:15 to 12:15 ♥ Corps 300 BODY Jan
	5:30 to 6:00 ♥ SPIN EXPRESS Maria		5:30 to 6:00 ♥ SPIN EXPRESS Maria		11:30 to 12:30 ♥ ☐ CARDIO BOOTCAMP Cristina NEW CLASS!	Vic Park RUN! To participate in our running group, you must be an intermediate to advanced runner. Group meets in the lobby 5 minutes prior to departure!
6:15 to 6:45 ♥ CARDIO CAMP Geraldine	6:00 to 6:30 ☐ STEALTH CORE Abdos Maria	6:15 to 6:45 ♥ CARDIO CAMP Geraldine	6:00 to 6:30 ☐ STEALTH CORE Abdos Maria	5:45 to 6:15 ♥ Defi SPIN Challenge Bahman NEW TIME!		
6:45 to 7:15 ☐ TRX EXPRESS Geraldine	7:00 to 8:00 ☐ 300 PLYOMETRIC Jan NEW Class!	6:45 to 7:15 ☐ TRX EXPRESS Geraldine		6:15 to 6:45 ♥ SPIN Party INTENSE Bahman NEW TIME!		

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♥ = Cardio ☐ = Musculation		♥ = Cardio ☐ = Resistance Training	