SPORTS COMPLEX | AQUATIC PHYSICAL FITNESS SCHEDULE | SPRING 2019 SPORTS COMPLEX (2385, boulevard Thimens)

Monday 25 mars 2019 10 juin 2019	Monday 25 mars 2019 10 juin 2019	Tuesday 26 mars 2019 28 mai 2019	Wednesday 27 mars 2019 29 mai 2019	Wednesday 27 mars 2019 5 juin 2019	Thursday 28 mars 2019 6 juin 2019	Friday 29 mars 2019 14 juin 2019	Saturday 30 mars 2019 15 juin 2019
Cancelled on: April 22, 2019 Way 20, 2019	Cancelled on: April 22, 2019 May 20, 2019				Cancelled on: April 4, 2019	Cancelled on: April 19, 2019 May 10, 2019	Cancelled on: April 6, 2019 April 20, 2019
25 m pool	Recreational pool	25 m pool	25 m pool	Recreational pool	25 m pool	25 m pool	25 m pool
	8 to 9 a.m.			8 to 9 a.m.			
	Aquafitness			Aquafitness			
	group #5 Regular group			group #5 Regular group			
	2 times per week			2 times per week			
	9 to 10 a.m.		9 to 10 a.m.	2 11111 00 por 11 0011			
	<u>Aqua stroller</u>		Aqua spinning				
	<u>Specialised course</u>		group #1				
	Once a week		Specialty group				
			Once a week				
10 to 11 a.m.			10 to 11 a.m.			10 to 11 a.m.	
Aquafitness			Aquafitness			Aquafitness	
group #4 Regular group			group #4 Regular group			group #4 Regular group	
3 times per week			3 times per week			3 times per week	
11 a.m. to 12 p.m.			11 a.m. to 12 p.m.			11 a.m. to 12 p.m.	
dvanced aquafitness			Advanced aquafitness			Advanced aquafitness	
group #2			group #2			group #2	
Regular group			Regular group			Regular group	
3 times per week			3 times per week			3 times per week	
				12 : 15 à 12 : 45 p.m.			
				Aquafitness			
				group #3			
				Regular group			
				once per week			
		5 to 6 p.m.			5 to 6 p.m.		5 : 05 to 6 : 05 p.m
		Advanced			Advanced		Advanced
		aquafitness			aquafitness		aquafitness
		group #1 Regular group			group #1 Regular group		group #3 Regular group
		2 times per week			2 times per week		Once a week
	6 to 7 p.m.	6 to 7 p.m.		6 to 7 p.m.	6 to 7 p.m.		6 : 10 to 7 : 10 p.n
	Aquafitness	Aqua spinning	1	Aquafitness	Aqua spinning	1	Aqua spinning
	group #1	group #2		group #1	group #4		group #6
	Regular group	Specialty group		Regular group	Specialty group		Specialty group
	2 times per week	Once a week]	2 times per week	Once a week	1	Once a week
	7 to 8 p.m.	7 to 8 p.m.		7 to 8 p.m.	7 to 8 p.m.		
	Prenatal Aqua	Aqua spinning		Prenatal Aqua	Aqua spinning		
	Specialty group 2 times per week	group #3 Specialty group		Specialty group 2 times per week	group #5 Specialty group		
	2 iiii es pei week	Once a week		Z IIII 63 POI W 66K	Once a week		
	8 to 9 p.m.	8 to 9 p.m.		8 to 9 p.m.	Specialty group		
	Aquafitness	Aqua jogging	1	Aquafitness	Aqua cardio	1	
	group #2	Speciality group		group #2	Specialty group		
	Regular group	Once a week		Regular group	Once a week		
	2 times per week			2 times per week		l	
		9 : 30 to 10 : 30 p.m.					
		Aquafit on water					
		matress					
		Speciality group Once a week					
		UIILE U WEEK					

Aquafitness Note: An aquafitness subscription offers access to all aquafitness classes, except for the specialty classes: senior aqua, aqua spinning, prenatal aqua, aqua yoga and subscription: