

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 May 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. Aquafitness group #5 Regular group 2 times per week			8 to 9 a.m. Aquafitness group #5 Regular group 2 times per week			
	9 to 10 a.m. Aqua stroller Specialised course Once a week		9 to 10 a.m. Aqua spinning group #1 Specialty group Once a week				
10 to 11 a.m. Aquafitness group #4 Regular group 3 times per week			10 to 11 a.m. Aquafitness group #4 Regular group 3 times per week			10 to 11 a.m. Aquafitness group #4 Regular group 3 times per week	
11 a.m. to 12 p.m. Advanced aquafitness group #2 Regular group 3 times per week			11 a.m. to 12 p.m. Advanced aquafitness group #2 Regular group 3 times per week			11 a.m. to 12 p.m. Advanced aquafitness group #2 Regular group 3 times per week	
				12 : 15 à 12 : 45 p.m. Aquafitness group #3 Regular group once per week			

		5 to 6 p.m. Advanced aquafitness group #1 Regular group 2 times per week			5 to 6 p.m. Advanced aquafitness group #1 Regular group 2 times per week		5 : 05 to 6 : 05 p.m. Advanced aquafitness group #3 Regular group Once a week
	6 to 7 p.m. Aquafitness group #1 Regular group 2 times per week	6 to 7 p.m. Aqua spinning group #2 Specialty group Once a week			6 to 7 p.m. Aquafitness group #1 Regular group 2 times per week		6 : 10 to 7 : 10 p.m. Aqua spinning group #6 Specialty group Once a week
	7 to 8 p.m. Prenatal Aqua Specialty group 2 times per week	7 to 8 p.m. Aqua spinning group #3 Specialty group Once a week			7 to 8 p.m. Prenatal Aqua Specialty group 2 times per week		
	8 to 9 p.m. Aquafitness group #2 Regular group 2 times per week	8 to 9 p.m. Aqua jogging Speciality group Once a week			8 to 9 p.m. Aquafitness group #2 Regular group 2 times per week	Specialty group Aqua cardio Specialty group Once a week	
		9 : 30 to 10 : 30 p.m. Aquafit on water mattress Speciality group Once a week					

Aquafitness subscription :

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