

## LUNDI Playground

|               |               |
|---------------|---------------|
| Yoga Ashtanga | 07:15 - 08:30 |
| U'Burn        | 13:00 - 14:00 |
| Pump          | 18:30 - 19:30 |
| Intouch'abs   | 19:30 - 20:00 |
| U'Can Dance   | 20:00 - 20:45 |



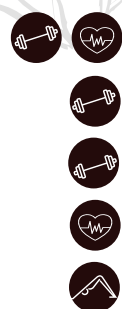
## cycling

|            |               |
|------------|---------------|
| Zone Rouge | 12:15 - 13:00 |
| Hymalayan  | 18:30 - 19:15 |
| Zone Rouge | 19:30 - 20:15 |



## MARDI Playground

|               |               |
|---------------|---------------|
| Hiit For U    | 12:15 - 13:00 |
| Butt'R'Nut    | 13:00 - 13:30 |
| Intouch'abs   | 18:00 - 18:30 |
| Clubbing      | 19:15 - 20:00 |
| Power Pilates | 20:15 - 21:15 |



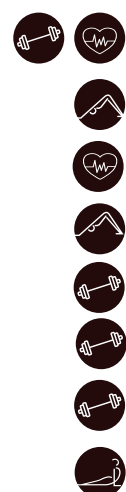
## cycling

|            |               |
|------------|---------------|
| Challenger | 13:30 - 14:00 |
| Zone Rouge | 18:30 - 19:15 |



## MERCREDI Playground

|                 |               |
|-----------------|---------------|
| U'360           | 07:00 - 07:45 |
| Yog&Stretch     | 07:45 - 08:30 |
| Military        | 12:15 - 13:00 |
| Pilates         | 13:00 - 14:00 |
| Butt'R'Nut      | 18:00 - 18:30 |
| Post'Ure        | 18:30 - 19:15 |
| Galbe & Volupté | 19:15 - 20:00 |
| Yoga Vinyasa    | 20:00 - 21:00 |



## cycling

|            |               |
|------------|---------------|
| Hymalayan  | 12:15 - 13:00 |
| Hymalayan  | 18:30 - 19:15 |
| Zone Rouge | 19:15 - 20:00 |



## JEUDI Playground

|                |               |
|----------------|---------------|
| DeepWORK       | 12:15 - 13:15 |
| Pump           | 13:15 - 14:15 |
| Stretch Xpress | 14:15 - 14:30 |
| Pump           | 18:45 - 19:30 |
| Butt'R'Nut     | 19:30 - 20:00 |
| Yoga Afterwork | 20:00 - 21:00 |



## cycling

|            |               |
|------------|---------------|
| 45'Bike    | 12:30 - 13:15 |
| Challenger | 18:00 - 18:45 |



## VENDREDI Playground

|                    |               |
|--------------------|---------------|
| Hiit For U         | 07:00 - 07:45 |
| Mat Pilates        | 12:15 - 13:15 |
| Galbe & Volupté    | 13:15 - 14:00 |
| Intouch'abs        | 14:00 - 14:30 |
| Train Like a Model | 18:30 - 19:30 |
| Natural Flow       | 19:30 - 20:30 |



## cycling

|         |               |
|---------|---------------|
| 45'Bike | 07:45 - 08:30 |
| 45'Bike | 12:15 - 13:00 |



# PLANNING SAINT-LAZARE

SEPTEMBRE - DÉCEMBRE 2019

### HORAIRES/TIMETABLE

|              |               |
|--------------|---------------|
| semaine/week | 06:30 - 22:00 |
| week-end     | 10:00 - 18:00 |

## SAMEDI Playground

|                          |               |
|--------------------------|---------------|
| Pump                     | 10:30 - 11:30 |
| Intouch'abs              | 11:30 - 12:00 |
| Mon 1 <sup>er</sup> Yoga | 12:00 - 13:00 |



## cycling

|            |               |
|------------|---------------|
| Zone Rouge | 12:15 - 13:00 |
|------------|---------------|



## DIMANCHE Playground

|             |               |
|-------------|---------------|
| Pump        | 11:00 - 12:00 |
| Intouch'abs | 12:00 - 12:30 |



## cycling

|           |               |
|-----------|---------------|
| Hymalayan | 12:45 - 13:30 |
|-----------|---------------|

