

GYM GROUP CLASSES SCHEDULE

From September 3 to December 29, 2024



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CARDIO TONUS 9 to 10 am Samantha Studio 1	SPINNING 9 to 10 am Samantha Studio 2	FULL BODY STRENGTH 9 to 10 am Lysandre Studio 1	PILATES 9 to 10 am Samantha Studio 1	BOOTCAMP 9 to 10 am Samantha Studio 1	PILATES 9 to 10 am Sandra Studio 3	
SENIOR GYM 10:15 to 11:15 am Samantha Studio 1	PILATES 10:15 to 11:15 am Samantha Studio 1	SENIOR GYM 10:15 to 11:15 am Lysandre Studio 1	DYNAMIC STRETCHING 10:15 to 11:15 am Samantha Studio 1	SENIOR GYM 10:15 to 11:15 am Samantha Studio 1	ZUMBA 10 to 11 am Youma Studio 2	HIIT 10 to 10:45 am Lysandre Studio 1
						DYNAMIC STRETCHING 11 to 11:45 am Lysandre Studio 1
TRX 6 to 7 pm Samantha Studio 1	ZUMBA 6 to 7 pm Youma Studio 3		ZUMBA 6 to 7 pm Youma Studio 3			
	SPINNING 6:15 to 7 pm Claudette Studio 2		SPINNING 6:15 to 7 pm Samantha Studio 2			
	YOGA FLOW 7:15 to 8:15 pm Claudette Studio 3					

Legend

- Cardio
- Strength
- Flexibility
- Mix

We reserve the right to permanently cancel a class if a minimum of 5 participants is not reached on a regular basis.

No classes on the following dates:
- December 24-25-26, 2024

- facebook.com/tennis.ids
- instagram.com/gymespaceforme

For more information about our facilities, programs and services, please contact:

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