

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30-9:15 Spinning SPIN Zoe 9:30-10:30 Spinning SPIN Kelly ! !	6:30-7:30 Spinning SPIN Normand 8:30-9:15 Spinning SPIN Gabi 9:30-10:15 Spin & Sculpt SPIN Kelly ! !	8:30-9:15 Spinning SPIN Tania 9:30-10:30 Spinning SPIN Vincent Beaurivage ! !	6:30-7:30 Spinning SPIN Nicolas 8:05-8:50 Spinning SPIN Ludmila 9:15-10:15 Spinning SPIN Kelly ! !	6:30-7:30 Spinning SPIN Normand 8:05-9:05 Spinning SPIN Charly 9:15-10:00 Spinning SPIN Vincent Beaurivage ! !	8:15-9:00 Spinning SPIN Kelly 9:15-10:15 Spinning SPIN Bahman 10:15-11:15 Spinning SPIN Bahman 11:30-12:15 Spinning SPIN Clément ! !	9:30-10:15 Spinning SPIN Martin 10:30-11:15 Spinning SPIN Martin 10:30-11:30 Spinning SPIN Zoe AB ! !
12:15-1:00 Spinning SPIN Vivienne !	! !	12:15-1:00 Spinning SPIN Candie ! !	! !	! !	! !	! !
5:30-6:15 Spinning SPIN Tania 6:30-7:30 Spinning SPIN Zoe AB ! !	6:00-7:00 Spinning SPIN Martin ! !	5:30-6:15 Spinning SPIN Vincent Beaurivage 6:30-7:30 Spinning SPIN Vincent Bougeard ! !	6:00-6:45 Spinning SPIN Zoe !	6:00-7:00 Spinning SPIN Vincent Beaurivage ! !	!	!

Location Key:
SPIN Spinning Studio

Class times, formats, and instructors are subject to change without notice. Please check schedules on bulletin boards for updated changes. Classes with low attendance are subject to cancellation.

Special Events and Programs:
90-minute spinning Jan. 31st, Feb. 28th, March 27th, April 24th: 6:00-7:30pm Comp

CLASS DESCRIPTIONS

Group Exercise Coordinator - Melissa Bauco
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Montreal, QC H3S 2V9
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Spinning - an indoor cycling class done with various light and music settings to create an energized atmosphere.

Instructors will guide participants through the different workout phases, including warm-up, steady up-tempo cadences, sprints, climbs, jumps, cool-down, etc.

Spin & Sculpt - a 45-minute spinning class followed by a 45-minute Body Sculpt class in the main gym

General Information

No additional fees for any class unless otherwise noted.

Instructor substitutions may occur without notice. Classes are subject to a minimal participation amount and can be removed at any time.

During class

Please bring drinking water for your workout. As a courtesy, please avoid wearing perfume and cologne in the studio. If you bring your cell phone to class, please make sure it is in silent mode and take all phone calls outside the studio. Please respect the group's workout, excessive talking during classes is not permitted.

Reservations

Reservations starting at 8:00am the day before, valid for all classes. Reservations of bikes for other members are not permitted unless on same membership (couple, family).

Any questions or comments please contact:

Group Exercise Coordinator

Melissa Bauco

Email: melissa.bauco@midtown.com