

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:15-9:00 TRX Total Body WR Vincent Beauvillage !	!	8:15-9:00 Cardio TRX WR Stéphane B !	!	8:15-9:00 TRX Total Body WR Zoe !	!	10:30-11:15 TRX Total Body WR Zoe/Ludmila/ Zoe AB !
!	!	1:00-1:45 TRX Total Body WR Stéphane B !	!	!	!	!
6:05-6:50 TRX Total Body WR Stéphane B !	!	!	!	!	!	!

Location Key:

WR Weight Room

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.

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CLASS DESCRIPTIONS

6105 av. du Boisé
Montreal, QC H3S 2V9

Phone: (5 14) 737.0000

www.midtown_sanctuaire.com

Group Exercise Coordinator - Melissa Bauco
Melissa.Bauco@midtown.com

TRX - Suspension training method of leveraged bodyweight exercise building power, strength, flexibility, balance, mobility: a complete training system!

Cardio TRX - A TRX group training with some cardio segments.

TRX Total Body - A TRX group training working all major muscle groups.

General Information

All the group training sessions on this schedule are at extra charge. Instructor substitutions may occur without notice.

Classes are subject to a minimal participation amount and can be removed at any time.

During a class

Please bring drinking water for your workout. If you bring your cell phone to class, please make sure it is in silent mode and take all phone calls outside the studio. Prepaid receipt and/or card to be presented to the instructor in order to have access to the activity.

TRX rates:

10-session card : \$91.32 + tax

1 single session: \$ 13.70 + tax

Reservations

Reservations are strongly recommended and can be done up to 48 hours in advance. Limit of 15 participants.

Any questions or comments please contact:

Group Exercise Coordinator

Melissa Bauco

Email: melissa.bauco@midtown.com