



HEALTH CLUB OPEN HOUSE SCHEDULE JOURNÉES PORTES OUVERTES AU CLUB SANTÉ

VICTORIA PARK

24 - 26 SEPT. ➔ REGISTER AT [HTTP://BIT.LY/VICPARK](http://bit.ly/vicpark)

THURSDAY		JEUDI		FRIDAY		VENDREDI		SATURDAY		SAMEDI	
GROUP		CIRCUIT		GROUP		CIRCUIT		GROUP		CIRCUIT	
IRON SPIN 6:30 - 7:15 Matt Spin				TRX 6:30 - 7:15 Pam Cardio							
BOOT CAMP 7:15 - 8:15 Matt Cardio		REFORMER 2/3 8:00 - 9:00 Christina Pilates		BOOT CAMP 7:15 - 8:15 Jordan Cardio		REFORMER 2 8:00 - 9:00 Lara Pilates				PRO FIT ENDURANCE 9:00 - 10:00 Paul - Circuit	
IRON BODY 8:15 - 9:15 Drea Cardio		BARRE CIRCUIT 8:20 - 9:20 Alissa Studio		FLOW YOGA 8:30 - 9:30 Naomi G. Studio		REFORMER 3 9:00 - 10:00 Jennifer Pilates				BARRE 9:15 - 10:30 Alissa Studio	
BEAT SPIN & SCULPT 8:30 - 9:30 Geraldine - Spin		XTEND BARRE 9:30 - 10:30 Alissa Studio		IRON SPIN 8:30 - 9:45 Drea Spin		revMIX 1 9:35 - 10:25 Alissa Studio		IRON SPIN 9:15 - 10:00 Matt Spin		REFORMER 2 / 3 10:00 - 11:00 Gerard - Pilates	
MAT PILATES 10:15 - 11:15 Lara Cardio		REFORMER 3 10:00 - 11:00 Christina Pilates		PILATES SCULPT 2 9:30 - 10:30 Lara - Cardio		XTEND BARRE 10:30 - 11:30 Alissa Studio		BOOT CAMP 10:00 - 11:00 Drea Cardio		PRO FIT ENDURANCE 10:15 - 11:15 Paul - Circuit	
BEAT & SCULPT 12:00 - 13:00 Geraldine Spin		revSPORT 12:00 - 12:55 Alissa Studio		BEAT SPIN 9:45 - 10:45 Drea Spin		CARDIO JUMP 11:35 - 12:35 Julie Studio		IRON SPIN 10:15 - 11:15 Matt Spin		REFORMER 2 11:00 - 12:00 Gerard Pilates	
LAUNCH PARTY! (5-8)		REFORMER 1 / 2 12:00 - 13:00 Lara - Pilates		BEAT SPIN & ABS 12:00 - 13:00 Natalie - Spin		BALLET REFORMER 2 12:00 - 13:00 Lara - Pilates		YOGA - w/ Special Guest 10:45 - 11:45 Natalie - Studio		revMIX 1 12:15 - 13:15 Natalie Studio	
BEAT SPIN 17:30 - 18:15 Drea Spin		PRO FIT 12:15 - 12:45 Dany Circuit				PRO FIT 12:15 - 12:45 Dany Circuit		BODYLICIOUS 11:15 - 12:00 Drea Cardio		PRO FIT ENDURANCE 13:00 - 14:00 Dany - Circuit	
BODYLICIOUS 18:15 - 19:15 Drea Cardio				BEAT SPIN & ABS 17:30 - 18:30 Natalie - Spin				MAT PILATES 12:00 - 13:00 Sarah Cardio			
BEAT & SCULPT 18:30 - 19:30 Matt Spin		PRO FIT 18:00 - 18:30 Scott / Dany Circuit		BODYLICIOUS 17:30 - 18:30 Drea Cardio		PRO FIT 17:30 - 18:00 Scott / Dany Circuit		RUN & SCULPT 12:15 - 13:00 Drea OUTDOORS			
FLOW YOGA 19:00 - 20:15 Brad Studio		XTEND BARRE 18:00 - 19:00 Alissa Studio		revYOGA 18:45 - 19:15 Natalie Studio		BEAT SPIN 18:45 - 19:45 Matt Spin					
				revYOGA 19:15 - 20:00 Natalie Studio		BOXING 17:00 - 20:00 Stephane The Ring					

Les descriptions des cours sont disponible à vicpark.com/ cours. Réservez votre place! <http://bit.ly/VICPARK> / 514.488.5182. Votre place sera réservée jusqu'à 5 minutes avant le début du cours.

Class descriptions are available at vicpark.com/class. Reserve your spot! <http://bit.ly/VICPARK> / 514.488.5182 Your spot will be saved until 5 minutes before class start.

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