



# FALL CLASS SCHEDULE

## HORAIRE DES COURS D'AUTOMNE

STARTING SEP 8 2026

DÉBUTE LE 8 SEP 2026

| TIME/HEURE | MON-LUN                                     | TUE-MAR                                                   | WED-MER                                     | THU-JEU                                      | FRI-VEN                                     | SAT-SAM                  | SUN-DIM                              |
|------------|---------------------------------------------|-----------------------------------------------------------|---------------------------------------------|----------------------------------------------|---------------------------------------------|--------------------------|--------------------------------------|
| 06:00AM    |                                             |                                                           |                                             |                                              | <b>SPIN</b><br>CHLOE/ALEX<br>RINK/ARENA     |                          |                                      |
| 09:30 AM   | <b>AQUASIZE</b><br>BRIGETTE<br>POOL/PISCINE | <b>10:00 AM</b><br><b>CHAIR YOGA</b><br>DORA<br>ARCHIBALD | <b>AQUASIZE</b><br>VALERIE<br>POOL/PISCINE  | <b>AQUASIZE</b><br>BRIGETTE<br>POOL/PISCINE  | <b>AQUASIZE</b><br>BRIGETTE<br>POOL/PISCINE | <b>POP UP</b><br>TBD/ADU | <b>STEP</b><br>VALERIE<br>ARCHIBALD  |
| 12:15 PM   | <b>TABATA EXPRESS</b><br>CORI<br>ARCHIBALD  | <b>SPIN EXPRESS</b><br>DEBBIE<br>RINK/ARENA               | <b>STEP EXPRESS</b><br>VALERIE<br>ARCHIBALD | <b>SCULPT EXPRESS</b><br>DEBBIE<br>ARCHIBALD | <b>TABATA EXPRESS</b><br>CORI<br>ARCHIBALD  |                          |                                      |
| 05:45 PM   |                                             | <b>AQUASIZE</b><br>DEBBIE<br>POOL/PISCINE                 |                                             |                                              |                                             |                          |                                      |
| 06:00 PM   |                                             | <b>SCULPT</b><br>ALEX<br>ARCHIBALD                        |                                             | <b>STEP</b><br>VALERIE<br>ARCHIBALD          |                                             |                          |                                      |
| 06:30 PM   | <b>SPIN</b><br>CORI<br>RINK/ARENA           |                                                           |                                             | <b>SPIN</b><br>CHELSEA<br>RINK/ARENA         |                                             |                          | <b>SPIN</b><br>KENISHA<br>RINK/ARENA |
| 07:00PM    |                                             | <b>SPIN</b><br>CHLOE<br>RINK/ARENA                        | <b>SPIN</b><br>ALEX<br>RINK/ARENA           |                                              |                                             |                          |                                      |



# GLOFOX



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