

FALL 2024 CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00-7:00	HANGSTRONG WITH ALEX AND JOANNIE (ARCHIBALD ROOM)	SPIN WITH ALEX (RINK SPIN ROOM)	5:30 AM SPIN WITH JOLEE (RINK SPIN ROOM) 6:30 AM YIN YOGA WITH JILL (ARCHIBALD ROOM)	SPIN WITH ALEX (RINK SPIN ROOM)	SPIN WITH SCOTT (RINK SPIN ROOM)
9:30-10:30	AQUACIZE WITH CORI (POOL)		AQUACIZE WITH CORI (POOL)		AQUACIZE WITH CORI (POOL)
12:15-12:45	SPIN EXPRESS WITH DEBBIE (RINK SPIN ROOM)	SPIN EXPRESS WITH DEBBIE (RINK SPIN ROOM)	TABATA EXPRESS WITH CORI (ARCHIBALD ROOM)	SPIN EXPRESS WITH DEBBIE (RINK SPIN ROOM)	SPIN EXPRESS WITH CORI (RINK SPIN ROOM)
5:45- 6:45		AQUACIZE WITH JOANNIE (POOL)		AQUACIZE WITH DEBBIE (POOL)	
6:30-7:15	SPIN WITH CORI (RINK SPIN ROOM)		SPIN WITH CORI AND ALEX (RINK SPIN ROOM)	6:00 PM CARDIO-DANCE WITH VALÉRIE (ARCHIBALD ROOM)	
7:00-8:00	YIN YOGA WITH JILL (HUB DE LA BAIE)			HANGSTRONG WITH ALEX (ARCHIBALD ROOM)	

PRICES

- 10\$ PER CLASSES
- 80\$ FOR 10 CLASSES PASS
- INCLUDED IN THE ALL-INCLUSIVE RECREAPLEX MEMBERSHIP

