

Fall
SCHEDULE · HORAIRE
Autumn

SUN
DIM

9:30 AM
Parent & Tot (<4)
10:30 AM
Kids YOGA Enfants (9-12)
11:30 AM
REBOUND REC. (9-12)

MON
LUN

11:45 AM
REBOUND HITT
4:45 PM
NeuroSocialize
(Rebound therapy rec.)

TUE
MAR

4:45 PM
REBOUND HITT
6:00 PM
REBOUND LITE

WED
MER

11:45 AM
Pelvic Floor & Core*
*STARTS/COMMENCE OCT 18
10 WEEKS. 10 SEMAINES
5:30 PM
YOGA Flow

Fall
SCHEDULE · HORAIRE
Autumn

THR
JEU

4:45 PM
REBOUND LITE

6:00 PM
HITT

FRI
VEN

11:15 AM
Gentle YOGA

12:15 PM
YOGA Flow

5:30 PM
NeuroSocialize

6:30 PM
REBOUND TEEN/ADO

SAT
SAM

10:30 AM
INTRO TO REBOUND*

*STARTS/COMMENCE OCT 14.
10 WEEKS. 10 SEMAINES

12:15 PM
REBOUND RECREATION
(5-8)