



# RIDEAU SPORTS CENTRE CENTRE SPORTIF RIDEAU

MULTI-SPORT • TENNIS • YOGA • RESTAURANT • MASSAGE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15am		HATHA Sophie	POWER Shelley			8:45am HATHA Sophie	8:45am POWER Stéphane
9:45am	HATHA Aline		HATHA Lori		HATHA Yanira	10:00am HATHA Delphine	10:00am YIN Stéphane
12:00pm (45 Min)	HATHA Ian	HATHA Lori	HATHA Lori	POWER Aline	POWER Yanira		
4:45pm		HATHA (Intermediate) Ian					
6:00pm			POWER Ian				
7:15pm		HATHA Delphine	YIN Shelley				