

ACTIVITY SCHEDULE CRLB

Last update

August, 8 2019

VIOMAX FALL SESSION: 13

Pre-subscriptions: August 5th to 16

Subscriptions: from August 19

SCHEDULE OF AQUATIC ACTIVITIES (Memberships card required : 46 \$)							
DAY	HOURS	CLASSES	LEVEL	START	END 13 wk.	END 14 wk.*	PRICE \$
MONDAY	3:00-3:55 pm	Aqua-back	Beginner	Sept, 9	Dec. 9	or Dec. 16	79,00 \$
	4:00-4:55 pm	Adult Free Swim	All				72,00 \$
	5:00-5:55 pm	Aqua-fitness	Advanced				79,00 \$
	7:00-7:55 pm	Adult Free Swim	All				72,00 \$
TUESDAY	noon-12:55	Aqua-movement	Intermediat	Sept, 3rd	Nov. 26	or Dec. 3rd	79,00 \$
WEDNESDAY	noon-12:55	Aqua-movement	Intermediat	Sept, 4	Nov. 27	or Dec. 4	79,00 \$
	4:00-4:55 pm	Dystro-Max	All	Sept. 11			79,00 \$
	5:00-5:55 pm	Aqua-movement	Intermediat	Sept. 4	Nov. 27		79,00 \$
THURSDAY	noon-12:55	Aqua-movement	Intermediat	Sept. 5th	Nov. 28	or Dec. 5 th	79,00 \$
	3:00-3:55 pm	Aqua-back	Beginner				79,00 \$
FRIDAY	4:30-5:25 pm	Aqua-fitness	Advanced	Sept. 6	Nov. 29	or Dec. 6	79,00 \$
	5:30-6:25 pm	Adult Free Swim	All				72,00 \$
	6:30-7:25 pm	Free Swim All	All ages				Adult 51 \$ (6) 89 \$ (12)
SATURDAY	4:00-5:25 pm	Free Swim All	All ages	Sept. 7	Nov. 30	Or Dec. 7	

PRICES FOR COMBINED ACTIVITIES : 2 activities 25% of discount, 3 activities or more 35% of discount

* October 14 Thanksgiving and October 21th: Federal election

SCHEDULE FOR GYM CLASSES (Memberships card required : 46 \$)							
DAY	HOURS	CLASSES	LEVEL	START	END 11 wk.	END 12 wk.*	PRICE \$
MONDAY	3:30-4:25 pm	Stroke	Beginner	Sept. 9	Dec. 9	Or Dec. 16	79,00 \$
TUESDAY	10:30-11:25	Walking Club	Beginner	Sept. 3rd	Nov. 26	or Dec. 3rd	63,00 \$
	3:30-4:25 pm	Groupe cardio	All				73,00 \$
WEDNESDAY	1:30-2:25 pm	Stetch-O-Max	All	Sept. 4	Nov. 27	or Dec. 4	79,00 \$
THURSDAY	12:15-1:25 pm	Stroke	Advanced	Sept. 5th	Nov. 28	or Dec. 5 th	89,00 \$
FRIDAY	noon to 12:55	Multi-sports	All	Sept. 6	Nov. 29	Or Dec. 6	63,00 \$
	3:30-4:25 pm	Cardio Group	All				79,00 \$
	3:30-4:25 pm	Stroke	Beginner				79,00 \$
	3:30-4:25 pm	Dystro-Max	Beginner	Sept. 13			79,00 \$

PRICES FOR COMBINED ACTIVITIES : 2 activities 25% of discounts, 3 activities or mores 35%

* October 14 Thanksgiving and October 21th: Federal election

SCHEDULE OF THE PHYSICALS ACTIVITIES ON APPARATUS (Memberships card required : 46 \$)				
DAY	HOURS	GYM MEMBERSHIPS	DURATION	PRICES
MONDAY to FRIDAY	noon-1:30		3 months	61,00 \$
	4:30-9:30 pm		6 months	93,00 \$
SATURDAY and SUNDAY	9:00 am -2:00 pm		12 months	179,00 \$