

# INTER SESSION 2021 - January 9 to 29

## Adult courses • Online via ZOOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	\$13 SP1034-01 Laura Body Design 8:30 a.m. to 9:30 a.m.		\$19.50 SP1026-03 Laura Total Body Workout 8:30 a.m. to 10 a.m.	13 \$ SP1006-02 Laura Functional Cardio 8:30 a.m. to 9:30 a.m.	\$13 SP1009-02 Tina Boot Camp 8:30 a.m. to 9:30 a.m.	
		\$13 SP1040-02 Anna Essentrics 9 a.m. to 10 a.m.	\$13 SP2003-03 Anna Pilates 9 a.m. to 10 a.m.	\$19.50 SP3001-01 Nathalie International Line Dancing (Beginner) 9:30 a.m. to 11 a.m.	\$13 SP4042-01 Louise Flow Yoga 9 a.m. to 10 a.m.	
\$13 SP2003-01 Anna Pilates 10 a.m. to 11 a.m.		\$13 SP4030-01 Christiane Stretch and Flexibility 11 a.m. to noon	\$13 SP2003-04 Jocelyne Pilates 10:30 a.m. to 11:30 a.m.	\$13 SP1040-04 Anna Essentrics 10 a.m. to 11 a.m.		\$13 SP1009-03 Tina Boot camp 10 a.m. to 11 a.m.
\$8.75 SP2007-01 Steven Tai Chi (Intermediate) 12:10 p.m. to 12:50 p.m.	\$13 SP2001-01 Anne Power Yoga 12:30 p.m. to 1:30 p.m.	\$9.75 SP1040-03 Cecilia Essentrics 12:15 p.m. to 1 p.m.	\$8.75 SP2007-03 Steven Tai Chi (Intermediate) 12:10 p.m. to 12:50 p.m.	\$19.50 SP3001-02 Nathalie International Line Dancing (Intermediate) 11:15 a.m. to 12:45 p.m.		\$13 SP1023-01 Tina Circuit Training 11:15 a.m. to 12:15 p.m.
\$13 SP1026-01 Debbie Total Body Workout 4:45 p.m. to 5:45 p.m.		\$13 SP1026-02 Debbie Total Body Workout 4:45 p.m. to 5:45 p.m.		\$19.50 SP3001-03 Nathalie International Line Dancing (Improver) 1 p.m. to 2:30 p.m.		
	\$13 SP1040-01 Muriel Essentrics 6 p.m. to 7 p.m.			\$19.50 SP3004-03 Marc Modern Line Dancing (Improver- Intermediate) 2:45 p.m. to 4:15 p.m.		
\$13 SP4042-02 Cecilia Flow Yoga 6 p.m. to 7 p.m.	\$13 SP2003-02 Donna Pilates 6 p.m. to 7 p.m.	\$13 SP4048-01 Bassel Kickboxing 6:30 p.m. to 7:30 p.m.	\$13 SP2012-01 Joanne Zumba 6:15 p.m. to 7:15 p.m.			
\$13 SP2009-01 Lisa Meditation Yoga 6 p.m. to 7 p.m.	\$13 SP4033-01 Cecilia Yin Yoga 6:15 p.m. to 7:15 p.m.	\$13 SP1006-01 Laura Functional Cardio 6:30 p.m. to 7:30 p.m.	\$13 SP1009-01 Tina Boot Camp Tabata 6:30 p.m. to 7:30 p.m.			
\$13 SP1012-01 Laura Extreme Toning 6:30 p.m. to 7:30 p.m.	\$9.75 SP2007-02 Steven Tai Chi (Beginner) 7:15 p.m. to 8 p.m.	\$19.50 SP3004-02 Marc Modern Line Dancing (Beginner- Improver) 7 p.m. to 8:30 p.m.	\$19.50 SP2002-03 Lisa Stretch, Strength, and Yoga 7 p.m. to 8:30 p.m.			
\$13 SP2002-01 Ruth Stretch, Strength, and Yoga 7:30 p.m. to 8:30 p.m.	\$13 SP2001-02 Penka Power Yoga 7:30 p.m. to 8:30 p.m.	\$13 SP2002-02 Ruth Stretch, Strength, and Yoga 7:45 p.m. to 8:45 p.m.	\$13 SP4044-01 Pauline Barre Fitness 7:45 p.m. to 8:45 p.m.			
	\$13 SP1008-01 Laura Cardio Combat 7:30 p.m. to 8:30 p.m.					

Cost for Dorval residents. Extra fees will be added for non-residents.

For the courses' detailed description and level: 514 633-4000 / [www.city.dorval.qc.ca](http://www.city.dorval.qc.ca)



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