

230 BRUNSWICK BLVD, POINTE-CLAIRE, QUEBEC H9R 5N5

OPENING HOURS

10:00am - 8:00pm

9:00am - 3:00pm

CLOSED

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

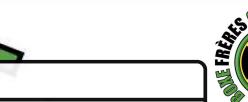
FRIDAY

SATURDAY

SUNDAY







230 BRUNSWICK BLVD, POINTE-CLAIRE, QUEBEC H9R 5N5

COMMUNITY CLASSES

PRICE PLAN

MEMBERSHIP OPTIONS:	1 DAY	10 DAYS	1 MONTH	6 MONTHS 1 FREE MONTH	1 YEAR 2 FREE MONTHS
8-12 YEARS OLD	\$15	\$135	\$60	\$325	\$600
13-17 YEARS OLD	\$15	\$135	\$80	\$425	\$800
ADULTS	\$20	\$180	\$ <mark>95</mark>	\$500	\$950
SENIORS	\$15	\$135	\$65	\$370	\$730
GRANDFATHER	\$20	\$180	\$80	\$425	\$800

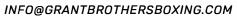
CLASS PACKAGES FOR

KIDS 8-12, WOMEN & SENIORS, WITH A TRAININER

MEMBERSHIP	OPTIONS: 1 DAY	10 DAYS	
	\$25	\$225	
PLEASE N	OTE, PRIVATE TRAI	NING GYM RATE	S DEPEND ON TRAINER'S
		XPERIENCE	
	PRIVATE	1 ON 1	\$85
	SEMI-PRIVATE	2 ON 1	\$120 (\$60 EACH)
	SMALL GROUPS	3 ON 1	\$150 (\$50 EACH)
		4 ON 1	\$160 (\$40 EACH)

UPON THE PURCHASE OF A 10 DAY PASS GET 1 DAY ON US, 6 MONTH MEMBERSHIP GET 1 MONTH ON US A 1 YEAR MEMBERSHIP 2 MONTHS ON US









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	MONDAY	OXI TUESDAY	WEDNESDAY			SATURDAY	SUNDAY	230 BRUNS BLVD, POI CLAIRE, QL H9R 5N
MORNING	10H-11H15 COMMUNITY MORNING	10H-12H30 OPEN SPARRING	10H-11H15 COMMUNITY MORNING CLASS	10H-12H30 OPEN SPARRING	OPEN GYM/ PRIVATE TRAINING	9H-10H WOMEN BOXING CLASS	2	
AFTERNOO	CLASS 11H30-16H OPEN GYM/ PRIVATE TRAINING DN	13H30-14H30 SENIOR BOXING CLASS	12H-13H AMATEUR BOXING COMPETITION ONLY (COACH JAMAAL)		12H-13H AMATEUR BOXING COMPETITION ONLY (COACH JAMAAL)	10H45-12H COMMUNITY MORNING CLASS 12H15-13H KIDS CLASS 8-12YRS		
	16H30-17H15		13H30-17H30 OPEN GYM / PRIVATE TRAINING		OPEN GYM/ PRIVATE TRAINING	13H-16H OPEN GYM/ PRIVATE TRAINING		
EVENING	KIDS CLASS 8-12YRS	14H45-17H30 OPEN GYM/ PRIVATE TRAINING	16H30-17H15 KIDS CLASS 8-12YRS	16H30-17H15 WOMEN BOXING CLASS	OPEN GYM/ PRIVATE TRAINING		Ø	
F	17H45-19H COMMUNITY EVENING CLASS	17H3 <mark>0-</mark> 19H AMATEUR PROGRAM	17H45-19H COMMUNITY EVENING CLASS	17H30-19H AMATEUR PROGRAM	OPEN GYM/ PRIVATE TRAINING	14		
	19H-20H30 OPEN GYM/ PRIVATE TRAINING	19H-20H30 OPEN GYM/ PRIVATE TRAINING	19H-20H30 OPEN GYM/ PRIVATE TRAINING	19H-20H30 OPEN GYM/ PRIVATE TRAINING	OPEN GYM/ PRIVATE TRAINING			