

COURS EN GROUPE AVEC COACH

EXCLUSIF AUX MEMBRES EXTRA

Repentigny

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

LesMills CORE

8:10-8:45 Maria-Émilie

LesMills tone

8:10 - 9:00 Magali

ZUMBA

9:00 -10:00 Sandra

LesMills BODYATTACK

9:00 - 9:45 Marie-Josée

ZUMBA

9:00-10:00 Sandra

LesMills PILATES

9:00-9:45 Sylvie

ZUMBA

9:00-10:00 Sandra

LesMills BODYATTACK

8:45-9:30 Maria-Émilie

LesMills BODYPUMP

9:00 - 10:00 Keilly

LesMills CORE

10:00 - 10:50 Sandra P

LesMills BODYPUMP

9:50 - 10:50 Marie-Josée

LesMills BODYSTEP

10:00 - 11:00 Sandra

LesMills tone

9:45-10:35 Sandra P

LesMills CORE

10:00 - 10:50 Sandra P

LesMills BODYPUMP

9:30-10:30 Maria-Émilie

LesMills BODYSTEP

10:00 - 10:30 Kharen

LesMills tone

10:50-11:20 (13 avril)

LesMills PILATES

10:55 -11:40 Marie-Josée

LesMills BODYSTEP

10:30 -11:00 Maria-Émilie

LesMills BODYBALANCE

10:30- 11:30 Kharen

LesMills CORE

16:55-17:30 Magali

LesMills BODYATTACK

17:30 - 18:00 Magali

LesMills BODYPUMP

17:00-18:00 Éline

LesMills BODYSTEP

17:00 - 18:00 Noémie

LesMills BODYPUMP

17:00-18:00 Éline

LesMills BODYPUMP

18:00-19:00 Éline

LesMills tone

18:00 - 18:50 Kharen

LesMills tone

18:00 - 18:35 Noémie

LesMills BODYCOMBAT

18:00-18:50 Audrey

LesMills BODYCOMBAT

19:00-20:00 Maria-Émilie

ZUMBA

18:50-19:50 Kharen

LesMills BODYPUMP

18:35-19:35 Noémie

LesMills PILATES

18:50 - 19:35 Audrey

MISE EN FORME
Econofitness

COURS EN GROUPE AVEC COACH

EXCLUSIF AUX MEMBRES EXTRA

Repentigny

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

ZUMBA
9:00 -10:00 Sandra

LesMills BODYATTACK
9:00 - 9:45 Marie-Josée

ZUMBA
9:00-10:00 Sandra

LesMills PILATES
9:00-9:45 Sylvie

ZUMBA
9:00-10:00 Sandra

LesMills BODYATTACK
8:45-9:30 Maria-Émilie

LesMills BODYPUMP
9:00 - 10:00 Keilly

LesMills CORE
10:00 - 10:50 Sandra P

LesMills BODYPUMP HEAVY
9:50 - 10:50 Marie-Josée

LesMills BODYSTEP
10:00 - 11:00 Sandra

LesMills tone
9:45-10:35 Sandra P

LesMills CORE
10:00 - 10:50 Sandra P

LesMills BODYPUMP
9:30-10:30 Maria-Émilie

LesMills BODYSTEP
10:00 - 10:30 Kharen

LesMills tone
10:50-11:20 Sandra P

LesMills PILATES
10:55 -11:40 Marie-Josée

LesMills BODYBALANCE
10:30- 11:30 Kharen

LesMills CORE
16:55-17:30 Magali

LesMills BODYATTACK
17:30 - 18:00 Magali

LesMills BODYPUMP
17:00-18:00 Éline

LesMills BODYSTEP
17:00 - 18:00 Noémie

LesMills BODYPUMP
17:00-18:00 Éline

LesMills BODYPUMP
18:00-19:00 Éline

LesMills tone
18:00 - 18:50 Kharen

LesMills tone
18:00 - 18:35 Noémie

LesMills BODYCOMBAT
18:00-18:50 Audrey

LesMills BODYCOMBAT
19:00-20:00 Maria-Émilie

ZUMBA
18:50-19:50 Kharen

LesMills BODYPUMP
18:35-19:35 Noémie

LesMills PILATES
18:50 - 19:35 Audrey

À PARTIR DU
11 MAI

MISE EN FORME
Éconofitness