

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 Magali

LesMills CORE

10:00 - 10:50 Sandra P

LesMills BODYPUMP

9:50 - 10:50 Marie-Josée

LesMills BODYSTEP

10:00 - 10:45 Sandra

LesMills CORE

10:00 - 10:50 Sandra P

LesMills BODYPUMP

9:30-10:30 Maria-Émilie

LesMills BODYSTEP

10:00 - 10:45 Kharen

ZENYOGA

11:00 -12:00 France

LesMills PILATES

10:55 -11:40 Marie-Josée

ZENYOGA

11:00 -12:00 France

LesMills BODYSTEP

10:30 -11:00 Maria-Émilie

LesMills BODYBALANCE

10:45 - 11:45 Kharen

LesMills CORE

16:55-17:30 Magali

LesMills BODYATTACK

17:30 - 18:00 Magali

LesMills BODYPUMP

17:00-18:00 Éline

LesMills BODYSTEP

17:15 - 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 STRENGTH

18:00 - 18:50 Noémie

LesMills BODYCOMBAT

18:00-18:50 Audrey

LesMills BODYCOMBAT

19:00-20:00 Maria-Émilie

ZUMBA

18:50-19:50 Kharen

LesMills tone

18:55 - 19:45 Noémie

LesMills PILATES

18:50 - 19:35 Audrey

MISE EN FORME
Econofitness