

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

10:50-11:25 Sandra P

LesMills PILATES

10:50 -11:35 Marie-Josée

LesMills BODYBALANCE

10:30 - 11:30 Kharen

LesMills BODYSTEP

16:30 - 17:30 Kharen

LesMills tone

16:30 - 17:05 Noémie

LesMills BODYPUMP

17:30-18:30 Éline

LesMills BODYPUMP

17:00-18:00 Éline

LesMills BODYSTEP

17:05 - 18:05 Noémie

LesMills BODYPUMP

17:00-18:00 Éline

LesMills BODYCOMBAT

18:30-19:30 Maria-Émilie

LesMills PILATES

18:00 - 18:45 Sylvie

LesMills BODYPUMP

18:05-19:05 Noémie

LesMills BODYCOMBAT

18:00-18:50 Audrey

LesMills PILATES

18:50 - 19:20 Audrey

MISE EN FORME
Éconofitness