GROUP FITNESS CLASSES WITH LIVE COACH

EXCLUSIVE TO EXTRA MEMBERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					LesMills CORE 8:10-8:45 Maria-Émilia	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-Émilia	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-Émilia	LesMills BODYSTEP 10:00 - 10:30 Kharen
	LesMills PILATES 10:50 -11:35 Marie-Josée	LesMills yoga VINYASA 11:00-11:45 *25 NOV*				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 Élaine	LesMills BODYPUMP 17:00-18:00 Élaine	LesMills BODYSTEP 17:05 - 18:05 Noémie	LesMills BODYPUMP 17:00-18:00 Élaine			
LesMills BODYCOMBAT 18:30-19:30 Maria-Émilia	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 Econofitness