

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 CORE

8:10-8:45 Maria-Émilie

LesMills tone

8:10 - 9:00 Magali

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 tone

10:50-11:20 Sandra P

LesMills PILATES

10:50 -11:35 Marie-Josée

LesMills BODYPUMP

17:00-18:00 Éline

LesMills BODYSTEP

17:00 - 18:00 Noémie

LesMills BODYPUMP

17:00-18:00 Éline

LesMills BODYPUMP

17:30-18:30 Éline

LesMills tone

18:00 - 18:50 Kharen

LesMills tone

18:00 - 18:35 Noémie

LesMills BODYCOMBAT

18:00-18:50 Audrey

LesMills BODYCOMBAT

18:30-19:30 Maria-Émilie

ZUMBA

18:50-19:50 Kharen

LesMills BODYPUMP

18:35-19:35 Noémie

MISE EN FORME
Econofitness