

# 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 Sandra P

**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  
**Éconofitness**