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 PILATES 10:50 -11:35 Marie-Josée					
	LesMills BODYPUMP 17:00-18:00 Élaine	**LesMills BODYSTEP** 17:00 - 18:00 Noémie	**LesMills BODYPUMP** 17:00-18:00 Élaine			
LesMills BODYPUMP 17:30-18:30 Élaine	**ZUMBA** 18:00-19:00 Kharen	**LesMills tone** 18:00 - 18:35 Noémie	**LesMills BODYCOMBAT** 18:00-18:50 Audrey			
LesMills BODYCOMBAT 18:30-19:30 Maria-Émilia		**LesMills BODYPUMP** 18:35-19:35 Noémie				

MISE EN FORME Econofitness