

GROUP FITNESS CLASSES WITH LIVE COACH

EXCLUSIVE TO EXTRA MEMBERS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|--|
| LesMills STRENGTH 9:00-9:50 Sophie | LesMills tone 9:00-9:50 Sandra | LesMills BODYSTEP 8:15-9:00 Katya | LesMills tone 9:00-9:50 Laurie-Anne | LesMills STRENGTH 8:30-9:20 Sophie | LesMills BODYPUMP 8:00-9:00 Asmaa | ZUMBA 8:15-9:15 Nilva |
| ZUMBA 10:00-11:00 Isabelle | LesMills CORE 9:50-10:40 Sandra | LesMills BODYPUMP HEAVY 9:00-10:00 Katya | LesMills BODYBALANCE 9:50-10:35 Laurie-Anne | LesMills PILATES 09:25-10:10 Marie-Josée | LesMills BODYCOMBAT 9:00-9:30 Asmaa | LesMills BODYPUMP HEAVY 9:15-10:15 Katya |
| | ZUMBA 10:40-11:40 Nilva | ZUMBA 10:05-11:05 Nilva | | ZUMBA 10:15-11:15 Isabelle | ZUMBA 9:35-10:35 Maria | LesMills BODYBALANCE 10:20-11:20 Laurie-Anne |
| LesMills BODYPUMP 12:00-13:00 Asmaa | | LesMills BODYPUMP 12:00-13:00 Asmaa/M-Josée | | LesMills BODYPUMP HEAVY 12:00-13:00 Marie-Josée | LesMills CORE 10:35-11:10 Mariane | |
| | LesMills BODYATTACK 16:45-17:15 Marie | | | | LesMills BODYATTACK 11:10-11:40 Mariane | |
| ZUMBA 17:15-18:15 Isabelle | LesMills BODYPUMP 17:15-18:05 Myriam | ZUMBA 17:10-17:55 Karine | LesMills BODYATTACK 17:15-17:45 Sophie | | | |
| LesMills CORE 18:15-18:50 Mariane | LesMills tone 18:10-19:00 Myriam | LesMills BODYPUMP 17:55-18:45 Karine | LesMills BODYCOMBAT 17:45-18:20 Sophie | LesMills BODYPUMP 18:00-19:00 Mariane | | |
| LesMills tone 18:50-19:40 Mariane | LesMills STRENGTH 19:05-19:55 Laura | LesMills BODYCOMBAT 18:45-19:35 Asmaa | LesMills BODYPUMP 18:20-19:10 Sophie | | | |
| LesMills BODYBALANCE 19:40-20:25 Jean-Alexandre | LesMills PILATES 19:55-20:40 Laura | LesMills BODYBALANCE 19:40-20:25 Jean-Alexandre | ZUMBA 19:15-20:15 Maria | | | |