COURS EN GROUPE AVEC COACH

EXCLUSIF AUX MEMBRES EXTRA

Côte-des-Neiges

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
LesMills BODYCOMBAT 9:00-9:50 Mithridade	**LesMills CORE** 8:00-8:50 Sophie	**LesMills STRENGTH** 9:00-9:50 Sophie	**LesMills tone** 9:15-10:05 Karina	**LesMills BODYPUMP** 9:00-10:00 Sophie	**ZUMBA** 9:00-10:00 Joyce	**LesMills BODYPUMP** 9:00-10:00 Mariane
LesMills PILATES 9:50-10:35 Mithridade	**LesMills tone** 8:50-9:40 Sophie	**LesMills CORE** 9:50-10:40 Sophie	**LesMills PILATES** 10:05-10:50 Karina		**LesMills BODYPUMP HEAVY** 10:00-10:50 Kharen	**LesMills BODYATTACK** 10:00-10:30 Mariane
					LesMills BODYCOMBAT 10:50-11:25 Kharen	**LesMills CORE** 10:30-11:05 Mariane
					LesMills PILATES 11:25-12:10 Kharen	**ZUMBA** 11:05- 12:05 Geneviève
LesMills PILATES 17:15-17:45 Lucie	**LesMills BODYPUMP HEAVY** 17:00-17:50 Karine	**LesMills PILATES** 17:15-18:00 Karina	**LesMills BODYCOMBAT** 17:00-17:50 Karine	**LesMills BODYPUMP** 17:00 -17:50 Karine		
LesMills TONE 17:45-18:35 Magali	**LesMills BODYCOMBAT** 17:50-18:30 Karine	**ZUMBA** 18:00-19:00 Joyce	**LesMills BODYSTEP** 17:50-18:35 Karine	**ZUMBA** 17:50-18:50 Karine		
ZUMBA 18:35 - 19:35 Carol	**LesMills CORE** 18:30-19:15 Karine	**LesMills BODYATTACK** 19:00-19:30 Marianne	**LesMills BODYPUMP HEAVY** 18:40-19:30 Kharen	**LesMills PILATES** 18:50 -19:35 Karine		
LesMills BODYPUMP 19:35-20:35 Kharen	**ZUMBA** 19:15 - 20:15 Geneviève	**LesMills BODYPUMP** 19:30-20:30 Marianne	**ZUMBA** 19:30 - 20:30 Carol	**LesMills BODYBALANCE** 19:35-20:05 Karine		

MISE EN FORME Econofitness