

# COURS EN GROUPE AVEC COACH

## EXCLUSIF AUX MEMBRES EXTRA

Côte-des-Neiges

| LUNDI                                              | MARDI                                            | MERCREDI                                           | JEUDI                                            | VENDREDI                                           | SAMEDI                                           | DIMANCHE                                          |
|----------------------------------------------------|--------------------------------------------------|----------------------------------------------------|--------------------------------------------------|----------------------------------------------------|--------------------------------------------------|---------------------------------------------------|
| <b>LesMills BODYCOMBAT</b><br>9:00-9:35 Mithridade | <b>LesMills tone</b><br>8:30-9:15 Sophie         | <b>LesMills BODYCOMBAT</b><br>9:00-9:35 Mithridade | <b>LesMills tone</b><br>9:15-10:00 Karina        | <b>LesMills STRENGTH</b><br>8:30-9:20 Sophie       | <b>ZUMBA</b><br>9:00-10:00 Joyce                 | <b>LesMills BODYPUMP</b><br>9:00-10:00 Mariane    |
| <b>LesMills PILATES</b><br>9:35-10:20 Mithridade   | <b>LesMills BODYPUMP</b><br>9:15-10:05 Sophie    | <b>LesMills STRENGTH</b><br>9:35-10:25 Mithridade  | <b>LesMills PILATES</b><br>10:00-10:45 Karina    | <b>LesMills PILATES</b><br>9:20-10:05 Sophie       | <b>LesMills BODYPUMP</b><br>10:00-10:50 Kharen   | <b>LesMills BODYATTACK</b><br>10:00-10:30 Mariane |
|                                                    |                                                  |                                                    |                                                  |                                                    | <b>LesMills BODYSTEP</b><br>10:50-11:20 Kharen   | <b>LesMills CORE</b><br>10:30-11:05 Mariane       |
|                                                    |                                                  |                                                    |                                                  |                                                    | <b>LesMills BODYCOMBAT</b><br>11:20-12:10 Kharen | <b>ZUMBA</b><br>11:05- 12:05 Geneviève            |
|                                                    |                                                  |                                                    |                                                  |                                                    |                                                  |                                                   |
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| <b>LesMills BODYBALANCE</b><br>17:15-17:45 Lucie   | <b>LesMills BODYPUMP</b><br>17:00-17:50 Karine   | <b>GoFitness ZEN YOGA</b><br>17:00-17:45 Selma     | <b>LesMills BODYCOMBAT</b><br>17:00-17:50 Karine | <b>LesMills BODYPUMP</b><br>17:00 -18:00 Karine    |                                                  |                                                   |
| <b>LesMills BODYSTEP</b><br>17:45-18:30 Éloïse     | <b>LesMills BODYCOMBAT</b><br>17:50-18:25 Karine | <b>ZUMBA</b><br>17:45-18:45 Joyce                  | <b>LesMills BODYSTEP</b><br>17:50-18:35 Karine   | <b>ZUMBA</b><br>18:00 -19:00 Karine                |                                                  |                                                   |
| <b>ZUMBA</b><br>18:30 - 19:30 Carol                | <b>LesMills CORE</b><br>18:25-19:10 Karine       | <b>LesMills BODYATTACK</b><br>18:45-19:15 Marianne | <b>LesMills tone</b><br>18:35-19:20 Kharen       | <b>LesMills BODYBALANCE</b><br>19:00 -20:00 Karine |                                                  |                                                   |
| <b>LesMills BODYPUMP</b><br>19:30-20:30 Kharen     | <b>ZUMBA</b><br>19:10 - 20:10 Geneviève          | <b>LesMills BODYPUMP</b><br>19:15-20:15 Marianne   | <b>ZUMBA</b><br>19:20 - 20:20 Carol              |                                                    |                                                  |                                                   |

À partir du 22  
septembre!

MISE EN FORME  
**Econofitness**