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 10:00-11:00 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	ZEN YOGA 17:00-17:45 Selma	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 17:45-18:45 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 18:45-19:15 Marie	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 19:15-20:15 Marie	ZUMBA 19:30 - 20:30 Carol			

MISE EN FORME Econofitness