

GROUP FITNESS CLASSES WITH LIVE COACH

EXCLUSIVE TO EXTRA MEMBERS

Côte-des-Neiges

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LesMills BODYCOMBAT 9:00-9:35 Mithridade	LesMills tone 8:30-9:15 Sophie	LesMills BODYCOMBAT 9:00-9:35 Mithridade	LesMills tone 9:15-10:00 Karina	LesMills STRENGTH 8:30-9:20 Sophie	ZUMBA 9:00-10:00 Joyce	LesMills BODYPUMP 9:00-10:00 Mariane
LesMills PILATES 9:35-10:20 Mithridade	LesMills BODYPUMP 9:15-10:05 Sophie	LesMills STRENGTH 9:35-10:25 Mithridade	LesMills PILATES 10:00-10:45 Karina	LesMills PILATES 9:20-10:05 Sophie	LesMills BODYPUMP 10:00-10:50 Kharen	LesMills BODYATTACK 10:00-10:30 Mariane
					LesMills BODYSTEP 10:50-11:20 Kharen	LesMills CORE 10:30-11:05 Mariane
					LesMills BODYCOMBAT 11:20-12:10 Kharen	ZUMBA 11:05- 12:05 Geneviève
LesMills BODYBALANCE 17:15-17:45 Lucie	LesMills BODYPUMP 17:00-17:50 Karine	GoFitness ZEN YOGA 17:00-17:45 Selma	LesMills BODYCOMBAT 17:00-17:50 Karine	LesMills BODYPUMP 17:00 -18:00 Karine		
LesMills BODYSTEP 17:45-18:30 Éloïse	LesMills BODYCOMBAT 17:50-18:25 Karine	ZUMBA 17:45-18:45 Joyce	LesMills BODYSTEP 17:50-18:35 Karine	ZUMBA 18:00 -19:00 Karine		
ZUMBA 18:30 - 19:30 Carol	LesMills CORE 18:25-19:10 Karine	LesMills BODYATTACK 18:45-19:15 Marianne	LesMills tone 18:35-19:20 Kharen	LesMills BODYBALANCE 19:00 -20:00 Karine		
LesMills BODYPUMP 19:30-20:30 Kharen	ZUMBA 19:10 - 20:10 Geneviève	LesMills BODYPUMP 19:15-20:15 Marianne	ZUMBA 19:20 - 20:20 Carol			

Starting September
22nd!

MISE EN FORME
Econofitness