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 8:00-8:50 Sophie	LesMills BODYCOMBAT 9:00-9:35 Mithridade	LesMills tone 9:15-10:05 Karina	LesMills STRENGTH 8:00-8:50- Sophie	ZUMBA 9:00-10:00 Joyce	LesMills BODYPUMP 9:00-10:00 Mariane
LesMills PILATES 9:35-10:20 Mithridade	LesMills BODYPUMP 8:50-9:40 Sophie	LesMills STRENGTH 9:35-10:25 Mithridade	LesMills PILATES 10:05-10:35 Karina	LesMills PILATES 8:50-9:35 Sophie	LesMills BODYPUMP 10:00-10:50 Kharen	LesMills BODYATTACK 10:00-10:30 Mariane
			ZEN YOGA 10:35-11:05 Karina		LesMills BODYSTEP 10:50-11:20 Kharen	LesMills CORE 10:30-11:05 Mariane
					LesMills BODYCOMBAT 11:25-12:15 Kharen	ZUMBA 11:05- 12:05 Geneviève
LesMills BODYBALANCE 17:15-17:45 Lucie	LesMills BODYPUMP 17:00-17:50 Karine	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 18:35 - 19:35 Carol	LesMills CORE 18:25-19:10 Karine	LesMills BODYATTACK 18:45-19:15 Marianne	LesMills tone 18:40-19:30 Kharen	LesMills BODYBALANCE 19:00 -20:00 Karine		
LesMills BODYPUMP 19:35-20:35 Kharen	ZUMBA 19:10 - 20:10 Geneviève	LesMills BODYPUMP 19:15-20:15 Marianne	ZUMBA 19:30 - 20:30 Carol			

MISE EN FORME Econofitness