

COURS EN GROUPE AVEC COACH

Côte-des-Neiges

EXCLUSIF AUX MEMBRES EXTRA

| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI | DIMANCHE |
|--|--|---|--|---|--|---|
| LesMills BODYCOMBAT 9:00-9:50 Mithridade | LesMills CORE 8:00-8:50 Sophie | LesMills tone 9:00-9:50 Sophie | | LesMills STRENGTH 8:00-8:50 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 PILATES 9:50-10:35 Sophie | | LesMills PILATES 8:50-9:35 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 PILATES 11:25-12:10 Kharen | ZUMBA 11:05- 12:05 Geneviève |
| LesMills PILATES 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 -17:50 Karine | | |
| LesMills BODYSTEP 17:45-18:30 Éloïse | 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 tone 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 | LesMills BODYBALANCE 19:35-20:05 Karine | | |

Semaine du 20 avril

MISE EN FORME
Econofitness