COURS EN GROUPE AVEC COACH

EXCLUSIF AUX MEMBRES EXTRA

Côte-des-Neiges

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
LesMills BODYCOMBAT 9:00-9:35 Mithridade	**LesMills tone** 8:00-8:50 Sophie	**LesMills BODYCOMBAT** 9:00-9:35 Mithridade	**LesMills tone** 9:30-10:20 Sophie	**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** 10:20-11:05 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 11:25-12:15 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