

# GROUP FITNESS CLASSES WITH LIVE COACH

## EXCLUSIVE TO EXTRA MEMBERS

Côte-des-Neiges

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>LesMills BODYCOMBAT</b> 9:00-9:50 Mithridade	<b>LesMills CORE</b> 8:00-8:50 Sophie	<b>LesMills tone</b> 9:00-9:50 Sophie	<b>LesMills BODYCOMBAT</b> 9:00-9:35 Mithridade	<b>LesMills STRENGTH</b> 8:00-8:50- Sophie	<b>ZUMBA</b> 9:00-10:00 Joyce	<b>LesMills BODYPUMP</b> 9:00-10:00 Mariane
<b>LesMills PILATES</b> 9:50-10:35 Mithridade	<b>LesMills tone</b> 8:50-9:40 Sophie	<b>LesMills PILATES</b> 9:50-10:35 Sophie	<b>LesMills STRENGTH</b> 9:35-10:25 Mithridade	<b>LesMills PILATES</b> 8:50-9:35 Sophie	<b>LesMills BODYPUMP HEAVY</b> 10:00-10:50 Kharen	<b>LesMills BODYATTACK</b> 10:00-10:30 Mariane
					<b>LesMills BODYCOMBAT</b> 10:50-11:20 Kharen	<b>LesMills CORE</b> 10:30-11:05 Mariane
					<b>LesMills PILATES</b> 11:25-12:10 Kharen	<b>ZUMBA</b> 11:05- 12:05 Geneviève
<b>LesMills PILATES</b> 17:15-17:45 Lucie	<b>LesMills BODYPUMP HEAVY</b> 17:00-17:50 Karine	<b>ZEN YOGA</b> 17:00-17:45 Selma	<b>LesMills BODYCOMBAT</b> 17:00-17:50 Karine	<b>LesMills BODYPUMP</b> 17:00 -17:50 Karine		
<b>LesMills BODYSTEP</b> 17:45-18:30 Sophie P	<b>LesMills BODYCOMBAT</b> 17:50-18:25 Karine	<b>ZUMBA</b> 17:45-18:45 Joyce	<b>LesMills BODYSTEP</b> 17:50-18:35 Karine	<b>ZUMBA</b> 17:50-18:50 Karine		
<b>ZUMBA</b> 18:35 - 19:35 Carol	<b>LesMills CORE</b> 18:25-19:10 Karine	<b>LesMills BODYATTACK</b> 18:45-19:15 Marie	<b>LesMills BODYPUMP HEAVY</b> 18:40-19:30 Kharen	<b>LesMills PILATES</b> 18:50 -19:35 Karine		
<b>LesMills BODYPUMP</b> 19:35-20:35 Kharen	<b>ZUMBA</b> 19:10 - 20:10 Geneviève	<b>LesMills BODYPUMP</b> 19:15-20:15 Marie	<b>ZUMBA</b> 19:30 - 20:30 Carol	<b>LesMills BODYBALANCE</b> 19:35 -20:05 Karine		