

GROUP FITNESS CLASSES WITH LIVE COACH

EXCLUSIVE TO EXTRA MEMBERS

Côte-des-Neiges

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

POWER CARDIO

8:30-9:00 Sophie

LesMills CORE

9:00-9:30 Sophie

ENTRAINEMENT COACHÉ

9:35-10:35 Sophie

Gofitness ATHLETIK

8:30-9:00 Sophie

LesMills CORE

9:00- 9:30 Sophie

LesMills BODYBALANCE

9:35-10:35 Sophie

ZUMBA

9:00-10:00 Joyce

LesMills BODYPUMP

10:00-10:45 Kharen

LesMills BODYCOMBAT

10:50-11:40 Kharen

ENTRAINEMENT COACHÉ

11:40-12:40 Kharen

LesMills BODYPUMP

9:00-10:00 Mariane

POWER CARDIO

10:00-10:30 Mariane

LesMills CORE

10:30-11:00 Mariane

ZUMBA

11:05- 12:05 Geneviève

LesMills BODYCOMBAT

17:00-18:00 Jennifer

Gofitness ZEN YOGA

17:00-18:00 Selma

LesMills BODYCOMBAT

17:00-18:00 Karine

LesMills BODYPUMP

17:00 -18:00 Karine

Gofitness ATHLETIK

17:30 - 18:30 Éloïse

LesMills BODYPUMP

18:00-19:00 Jennifer

ZUMBA

18:00 - 19:00 Joyce

LesMills BODYPUMP

18:00-19:00 Kharen

ZUMBA

18:00 -19:00 Karine

ZUMBA

18:30 - 19:30 Joyce

ZUMBA

19:00 - 20:00 Geneviève

POWER CARDIO

19:00-19:30 Marianne

ZUMBA

19:05 - 20:05 Geneviève

LesMills BODYBALANCE

19:00 -20:00 Karine

LesMills BODYPUMP

19:30-20:30 Kharen

LesMills BODYPUMP

19:30-20:30 Marianne

Week of July
28th

MISE EN FORME
Econofitness