

GROUP FITNESS CLASSES WITH LIVE COACH

EXCLUSIVE TO EXTRA MEMBRES

Saint-Denis

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

LesMills BODYPUMP
12:15-13:00 Laurent

LesMills BODYCOMBAT
12:15 - 13:00 Laurent

GoFitness ATHLETIK
17:15 - 18:15 Sophie B.

LesMills BODYPUMP
18:15 -19:00 Sophie B.

GoFitness ABS
19:05 - 19:40 Valérie Me

ZUMBA
19:40 - 20:40 Valérie Me

LesMills BODYPUMP
20:40 - 21:40 Laurent

LesMills BODYPUMP
17:00 -18:00 Sophie P.

LesMills CORE
18:00 -18:35 Sophie P.

LesMills BODYCOMBAT
18:35 -19:25 Sophie P.

ENTRAINEMENT COACHÉ
19:25 - 20:25 Sophie P.

LesMills BODYBALANCE
17:15 - 18:15 Sophie B.

LesMills BODYPUMP
18:15 -19:00 Sophie B.

LesMills CORE
19:05 - 19:40 Sophie B

ZUMBA
19:40 - 20:40 Valérie Me

POWERCARDIO
16:30-17:00 Richard

LesMills CORE
17:00-17:30 Richard

LesMills BODYCOMBAT
17:35 - 18:35 Valérie Ma

LesMills BODYPUMP
18:35- 19:35 Valérie Ma

ZUMBA
19:40 - 20:40 Valérie Me

LesMills BODYPUMP
12:15-13:15 Laurent

LesMills BODYPUMP
18:00-19:00 Richard

LesMills BODYPUMP
9:30 - 10:30 Sophie P.

LesMills CORE
10:35 - 11:10 Sophie P.

LesMills BODYCOMBAT
11:10 - 12:00 Sophie P.

ENTRAINEMENT COACHÉ
12:00 - 13:00 Sophie P.

ZUMBA
9:00-10:00 Katrina

LesMills BODYPUMP
10:00 - 11:00 Valérie Ma

LesMills BODYBALANCE
11:00 - 12:00 Valérie Ma

Week of July
28th

MISE EN FORME
Econofitness