

# GROUP FITNESS CLASSES WITH LIVE COACH EXCLUSIVE TO EXTRA MEMBERS

Saint-Denis

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

## SATURDAY

## SUNDAY

**LesMills BODYPUMP HEAVY**  
12:15-13:15 Laurent

**LesMills STRENGTH**  
12:15-13:05 Laurent

**LesMills BODYPUMP**  
12:15-13:15 Laurent

**ZUMBA**  
8:30-9:30 Marie

**ZUMBA**  
9:00-10:00 Katrina

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

**LesMills BODYPUMP**  
10:00 - 11:00 Valérie Ma

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

**LesMills PILATES**  
11:00-11:45 Valérie Ma

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

**LesMills YOGA Vinyasa**  
11:45-12:30 Valérie Ma

**LesMills STRENGTH**  
12:00-12:50 Sophie P.

**LesMills YOGA Hatha**  
16:45-17:30 Richard

**LesMills BODYATTACK**  
16:30-17:00 Sophie P.

**LesMills BODYATTACK**  
16:30-17:00 Richard

**LesMills BODYSTEP**  
17:30 -18:15 Richard

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

**LesMills PILATES**  
17:25-18:10 Sophie B

**LesMills CORE**  
17:00-17:35 Richard

**LesMills BODYPUMP**  
18:15 -19:05 Richard

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

**LesMills TONE**  
18:10-19:00 Sophie B.

**LesMills BODYCOMBAT**  
17:35 - 18:25 Valérie Ma

**LesMills BODYSTEP**  
17:30-18:15 Richard

**LesMills CORE**  
19:05-19:40 Marie

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

**LesMills CORE**  
19:00-19:35 Marie

**LesMills BODYPUMP**  
18:25- 19:25 Valérie Ma

**LesMills PILATES**  
18:15-18:45 Richard

**ZUMBA**  
19:40-20:40 Marie

**LesMills STRENGTH**  
19:25-20:10 Sophie P.

**ZUMBA**  
19:35-20:35 Marie

**ZUMBA**  
19:30-20:30 Valérie

**LesMills BODYATTACK**  
18:45-19:45 Alae  
Starting on October 2nd

**ZUMBA**  
20:20-21:20 Valérie Me.

**STARTING  
SEPTEMBER  
14TH.**

MISE EN FORME  
**Éconofitness**