

GROUP FITNESS CLASSES WITH LIVE COACH

EXCLUSIVE TO EXTRA MEMBERS

Saint-Denis

LUNDI

LesMills STRENGTH
8:00-8:50 Sophie B.

LesMills PILATES
8:50-9:35 Sophie B.

LesMills BODYPUMP
12:00-12:50 Laurent

LesMills BODYCOMBAT
12:50 - 13:25 Laurent

LesMills BODYSTEP
17:30 -18:15 Richard

LesMills BODYPUMP
18:15 -19:05 Richard

LesMills CORE
19:05-19:40 Marie

ZUMBA
19:40-20:40 Marie

LesMills BODYPUMP
20:40 - 21:40 Valérie Me.

MARDI

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

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

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

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

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

ZUMBA
20:10-21:10 Valérie Me.

MERCREDI

LesMills STRENGTH
12:15-13:05 Laurent

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

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

ZUMBA
19:00-20:00 Marie

LesMills CORE
20:00-20:35 Marie

JEUDI

LesMills tone
8:00-8:50 Laurent

LesMills BODYATTACK
16:30-17:00 Richard

LesMills CORE
17:00-17:35 Richard

LesMills BODYCOMBAT
17:35 - 18:25 Valérie Ma

LesMills BODYPUMP
18:25- 19:25 Valérie Ma

ZUMBA
19:25-20:25 Valérie

VENDREDI

LesMills BODYPUMP
12:15-13:15 Laurent

ZUMBA
17:00 - 18:00 Katrina

LesMills BODYPUMP
18:00-19:00 Richard

SAMEDI

ZUMBA
8:30-9:30 Marie

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

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

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

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

DIMANCHE

ZUMBA
9:00-10:00 Katrina

LesMills BODYPUMP
10:00 - 11:00 Valérie Ma

LesMills BODYBALANCE
11:00 - 12:00 Valérie Ma

MISE EN FORME
Econofitness