

GROUP FITNESS CLASSES WITH LIVE COACH EXCLUSIVE TO EXTRA MEMBERS

Saint-Denis

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

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.

LesMills CORE
19:05-19:40 Marie

ZUMBA
19:40-20:40 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.

LesMills BODYPUMP
10:00 - 11:00 Valérie Ma

LesMills BODYBALANCE
11:00 - 12:00 Valérie Ma

Week of
December 22nd
2025

MISE EN FORME
Econofitness