

GROUP FITNESS CLASSES WITH LIVE COACH

EXCLUSIVE TO EXTRA MEMBERS

Saint-Denis

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

LesMills BODYPUMP HEAVY
12:15-13:05 Sophie P

LesMills STRENGTH
12:15-13:05 Sophie P

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 BODYBALANCE
17:15 - 18:15 Sophie B.

LesMills CORE
17:00-17:35 Richard

ZUMBA
17:00 - 18:00 Katrina

LesMills BODYPUMP
18:15 -19:05 Richard

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

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

LesMills BODYCOMBAT
17:35 - 18:25 Valérie Ma

LesMills PILATES
18:00-18:45 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

ZUMBA
19:40-20:40 Marie

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

ZUMBA
19:35-20:35 Marie

ZUMBA
19:25-20:25 Valérie

ZUMBA
20:20-21:20 Valérie Me.

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 BODYBALANCE
11:45-12:30 Valérie Ma

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

MISE EN FORME
Éconofitness