

GROUP FITNESS CLASSES WITH LIVE COACH

EXCLUSIVE TO EXTRA MEMBERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LesMills tone 8:10-9:00 Annick	LesMills BODYPUMP HEAVY 08:10-9:10 Annick	LesMills BODYPUMP 08:10-9:00 Annick	LesMills tone 8:10-9:00 Annick	LesMills BODYPUMP HEAVY 8:10-9:10 Annick	LesMills BODYPUMP 8:30-9:30 Elizabeth	LES MILLS BODYSTEP 8:10-9:10 KARINE
LesMills BODYPUMP 9:00-09:50 Annick	LesMills yoga VINYASA 9:10-9:55 Annick		LesMills PILATES 9:00-9:45 Annick	LesMills BODYBALANCE 9:10-10:10 Annick	LesMills BODYATTACK 9:35-10:20 Elizabeth	LesMills STRENGTH 9:10-10:00 Karine
					LesMills CORE 10:20-11:10 Elizabeth	LesMills BODYBALANCE 10:05-11:05 Sabine
LesMills PILATES 12:00-12:45 Sabine					ZUMBA 11:10-12:10 Caroline	
					LesMills yoga HATHA/BREATH 12:10-13:10 Caroline	
LesMills BODYPUMP 16:25-17:25 Karine	LesMills BODYPUMP HEAVY 16:15-17:15 Elizabeth	LesMills BODYCOMBAT 16:25-17:25 Karine	ZUMBA 16:30-17:30 Caroline	LesMills STRENGTH 16:25-17:15 Émie		
	LesMills BODYATTACK 17:20-17:50 Elizabeth		LesMills PILATES 17:30-18:00 Caroline			
LesMills BODYATTACK 17:30-18:30 Sophie T./ Sabine	LesMills CORE 17:50-18:25 Elizabeth	LesMills BODYPUMP 17:30-18:30 Karine	LesMills BODYBALANCE 18:00-18:45 Sabine	LesMills BODYCOMBAT 17:15-18:15 Émie		
ZUMBA 18:30-19:30 Janine	ZUMBA 18:30-19:30 Caroline	ZUMBA 18:35-19:35 Janine	LesMills BODYATTACK 18:45-19:45 Sophie T.	ZUMBA 18:15-19:15 Janine		
	LesMills PILATES 19:30-20:15 Caroline					