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	
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 9:15-10:05 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	**LesMills BODYPUMP** 19:35-20:35 Karine				

MISE EN FORME Econofitness