GROUP FITNESS CLASSES WITH LIVE COACH
EXCLUSIVE TO EXTRA MEMBERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ZUMBA 8:30-9:30 Anny-Claude	**LesMills STRENGTH** 8:30-9:20 Lucie	**LesMills BODYSTEP** 8:30-9:30 Caroline	**ZUMBA** 8:30-9:30 Anny-Claude			
LesMills STRENGTH 9:30-10:20 Lucie	**LesMills BODYBALANCE** 9:30-10:30 Tommy	**LesMills TONE** 9:30-10:20 Caroline	**LesMills STRENGTH** 9:30-10:20 Lucie	**LesMills BODYBALANCE** 9:30-10:30 Tommy	**ZUMBA** 9:00-9:45 Christiane	**LesMills BODYSTEP** 9:00-10:00 Caroline
					LesMills PILATES 09:50-10:35 Christiane	**LesMills BODYPUMP** 10:00-11:00 Sarah
LesMills BODYPUMP 12:00-13:00 Marie-Michelle	**LesMills STRENGTH** 12:00-12:50 Marie-Michelle	**LesMills BODYATTACK** 12:00-17:45 Marie-Michelle		**LesMills BODYPUMP** 12:00-13:00 Marie-Michelle		
LesMills BODYATTACK 16:30-17:15 Yannick	**LesMills BODYPUMP** 16:30-17:30 Marie-Michelle	**LesMills BODYATTACK** 16:30-17:15 Yannick	**LesMills STRENGTH** 16:30-17:20 Marie-Michelle			
LesMills BODYPUMP 17:15-18:15 Yannick	**LesMills BODYATTACK** 17:35-18:05 Marie-Michelle	**LesMills BODYPUMP** 17:15-18:15 Yannick	**LesMills BODYCOMBAT** 17:30-18:30 Caroline	**LesMills TONE** 17:00-17:50 Caroline		
	LesMills BODYCOMBAT 18:05-18:55 Caroline	**ZUMBA** 18:15-19:15 Christiane	**LesMills BODYPUMP** 18:30-19:30 Sarah			
	LesMills TONE 18:55-19:45 Caroline					

MISE EN FORME
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