

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 9:30-10:15 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 17:00-17:45 Caroline		
	LesMills BODYCOMBAT 18:05-18:55 Caroline	ZUMBA 18:15-19:15 Christiane	LesMills BODYPUMP 18:30-19:30 Sarah			
	LesMills TONE 18:55-19:40 Caroline					

Starting
September 22nd!

MISE EN FORME
Econofitness