

# GROUP FITNESS CLASSES WITH LIVE COACH

## EXCLUSIVE TO EXTRA MEMBERS

| MONDAY                                                                    | TUESDAY                                                  | WEDNESDAY                                              | THURSDAY                                               | FRIDAY                                                 | SATURDAY                                          | SUNDAY                                          |
|---------------------------------------------------------------------------|----------------------------------------------------------|--------------------------------------------------------|--------------------------------------------------------|--------------------------------------------------------|---------------------------------------------------|-------------------------------------------------|
| <b>ZUMBA</b><br>8:30-9:30 Anny-Claude                                     | <b>LesMills STRENGTH</b><br>8:30-9:20 Lucie              | <b>LesMills BODYSTEP</b><br>8:30-9:30 Caroline         | <b>ZUMBA</b><br>8:30-9:30 Anny-Claude                  |                                                        |                                                   |                                                 |
| <b>LesMills STRENGTH</b><br>9:30-10:20 Lucie                              | <b>LesMills BODYBALANCE</b><br>9:30-10:30 Tommy          | <b>LesMills TONE</b><br>9:30-10:20 Caroline            | <b>LesMills STRENGTH</b><br>9:30-10:20 Lucie           | <b>LesMills BODYBALANCE</b><br>9:30-10:30 Tommy        | <b>ZUMBA</b><br>9:00-9:45 Christiane              | <b>LesMills BODYSTEP</b><br>9:00-10:00 Caroline |
| <b>LesMills PILATES</b><br>10:25-11:10 Lucie<br>(dès le 19 janvier)       |                                                          |                                                        |                                                        |                                                        | <b>LesMills PILATES</b><br>09:50-10:35 Christiane | <b>LesMills BODYPUMP</b><br>10:00-11:00 Sarah   |
| <b>LesMills BODYPUMP</b><br>12:00-13:00 Marie-Michelle                    | <b>LesMills BODYATTACK</b><br>12:00-17:45 Marie-Michelle | <b>LesMills STRENGTH</b><br>12:00-12:50 Marie-Michelle |                                                        | <b>LesMills BODYPUMP</b><br>12:00-13:00 Marie-Michelle |                                                   |                                                 |
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| <b>LesMills BODYATTACK</b><br>16:30-17:15 Yannick                         | <b>LesMills BODYPUMP</b><br>16:30-17:30 Marie-Michelle   | <b>LesMills BODYATTACK</b><br>16:30-17:15 Yannick      | <b>LesMills STRENGTH</b><br>16:45-17:35 Marie-Michelle |                                                        |                                                   |                                                 |
| <b>LesMills BODYPUMP</b><br>17:15-18:15 Yannick                           | <b>LesMills BODYATTACK</b><br>17:35-18:05 Marie-Michelle | <b>LesMills BODYPUMP</b><br>17:15-18:15 Yannick        | <b>LesMills BODYCOMBAT</b><br>17:35-18:35 Caroline     | <b>LesMills TONE</b><br>17:00-17:50 Caroline           |                                                   |                                                 |
| <b>LesMills BODYBALANCE</b><br>18:20-19:20 Mélanie<br>(dès le 26 janvier) | <b>LesMills BODYCOMBAT</b><br>18:05-18:55 Caroline       |                                                        |                                                        |                                                        |                                                   |                                                 |
|                                                                           | <b>LesMills PILATES</b><br>18:55-19:40 Caroline          |                                                        |                                                        |                                                        |                                                   |                                                 |