

COURS EN GROUPE AVEC COACH

EXCLUSIF AUX MEMBRES EXTRA

CHICOUTIMI

LUNDI

ZUMBA
8:30-9:30 Anny-Claude

LesMills STRENGTH
9:30-10:20 Lucie

LesMills PILATES
10:25-11:10 Lucie

LesMills BODYPUMP
12:00-13:00 Marie-Michelle

LesMills BODYATTACK
16:30-17:15 Yannick

LesMills BODYPUMP
17:15-18:15 Yannick

LesMills BODYBALANCE
18:20-19:20 Mélanie
Dès le 21 sept

MARDI

LesMills STRENGTH
8:30-9:20 Lucie

LesMills BODYBALANCE
9:30-10:30 Tommy

LesMills BODYPUMP HEAVY
16:30-17:30 Marie-Michelle

LesMills BODYATTACK
17:30-18:00 Marie-Michelle

LesMills BODYCOMBAT
18:05-18:55 Caroline

MERCREDI

LesMills BODYSTEP
8:45-9:30 Caroline

LesMills tone
9:30-10:20 Caroline

LesMills BODYPUMP HEAVY
12:00-13:00 Marie-Michelle

LesMills BODYATTACK
16:30-17:15 Yannick

LesMills BODYPUMP
17:15-18:15 Yannick

ZUMBA
18:20-19:05 Marie-Kim

JEUDI

ZUMBA
8:30-9:30 Anny-Claude

LesMills STRENGTH
9:30-10:20 Lucie

VENDREDI

LesMills BODYBALANCE
9:30-10:30 Tommy

LesMills BODYPUMP
12:00-13:00 Marie-Michelle

LesMills BODYCOMBAT
17:30-18:20 Caroline

LesMills PILATES
18:20-19:05 Caroline

SAMEDI

ZUMBA
9:00-9:45 Christiane

LesMills PILATES
09:50-10:35 Christiane

LesMills yoga VINYASA
10:35-11:20 Christiane

DIMANCHE

LesMills tone
10:00-10:50 Caroline

LesMills BODYSTEP
10:50-11:35 Caroline

MISE EN FORME
Econofitness