COURS EN GROUPE AVEC COACH

EXCLUSIF AUX MEMBRES EXTRA

CHICOUTIMI

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
ZUMBA 8:30-9:30 Anny-Claude	**LesMillls STRENGTH** 8:30-9:20 Lucie	**LesMills BODYSTEP** 8:45-9:30 Caroline	**ZUMBA** 8:30-9:30 Anny-Claude	**LesMills BODYPUMP** 8:30-9:30 Sarah		
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 PILATES 10:25-11:10 Lucie					**LesMills PILATES** 09:50-10:35 Christiane	**LesMills tone** 10:00-10:50 Caroline
					LesMills yoga VINYASA 10:35-11:20 Christiane	**LesMills BODYSTEP** 10:50-11:35 Caroline
LesMills BODYPUMP 12:00-13:00 Marie-Michelle		**LesMills BODYPUMP HEAVY** 12:00-13:00 Marie-Michelle		**LesMills BODYPUMP** 12:00-13:00 Marie-Michelle		
LesMills BODYATTACK 16:30-17:15 Yannick	**LesMills BODYPUMP HEAVY** 16:30-17:30 Marie-Michelle	**LesMills BODYATTACK** 16:30-17:15 Yannick				
LesMills BODYPUMP 17:15-18:15 Yannick	**LesMills BODYATTACK** 17:30-18:00 Marie-Michelle	**LesMills BODYPUMP** 17:15-18:15 Yannick	**LesMills BODYCOMBAT** 17:30-18:20 Caroline			
LesMills BODYBALANCE 19:00-20:00 Mélanie	**LesMills BODYCOMBAT** 18:05-18:55 Caroline		**LesMills PILATES** 18:20-19:05 Caroline			

MISE EN FORME Econofitness