

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 10:25-11:10 Lucie | | | | | LesMills PILATES 09:50-10:35 Christiane | LesMills BODYPUMP 10:00-11:00 Sarah |
| LesMills BODYPUMP 12:00-13:00 Marie-Michelle | LesMills BODYATTACK 12:00-17:45 Marie-Michelle | LesMills STRENGTH 12:00-12:50 Marie-Michelle | | LesMills BODYPUMP 12:00-13:00 Marie-Michelle | | |
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| LesMills BODYATTACK 16:30-17:15 Yannick | LesMills BODYPUMP 16:30-17:30 Marie-Michelle | LesMills BODYATTACK 16:30-17:15 Yannick | LesMills STRENGTH 16:45-17:35 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 17:35-18:35 Caroline | LesMills TONE 17:00-17:50 Caroline | | |
| LesMills BODYBALANCE 18:20-19:20 Mélanie | LesMills BODYCOMBAT 18:05-18:55 Caroline | | | | | |
| | LesMills PILATES 18:55-19:40 Caroline | | | | | |