

COURS EN GROUPE AVEC COACH

EXCLUSIF AUX MEMBRES EXTRA

Boucherville

LUNDI

ZUMBA

9:00-10:00 Whitney

LesMills tone

10:00-10:50 Anne

MARDI

LESMILLS BODYPUMP

9:00-10:00 Stéphanie

LesMills PILATES

10:00-10:45 Stéphanie

MERCREDI

LesMills tone

9:00-9:50 Anne

LESMILLS STRENGTH

9:50-10:40 Anne

JEUDI

LesMills BODYPUMP

9:00-10:00 Stéphanie

LesMills PILATES

10:00-10:45 Stéphanie

VENDREDI

ZUMBA

9:00-10:00 Whitney

LesMills tone

10:00-10:50 Whitney

SAMEDI

LesMills BODYPUMP

9:00-10:00 Vanessa-
Valérie

ZUMBA

10:00-11:00 Vanessa-
Valérie

DIMANCHE

ZUMBA

9:00-10:00 Cynthia

LesMills BODYBALANCE

10:00-11:00 Marina

LesMills BODYPUMP HEAVY

12:00-13:00 Mithridade

ZUMBA

17:00-18:00 Cynthia-
Whitney

LesMills BODYPUMP

18:00-19:00 Valérie

LesMills BODYCOMBAT

19:00-19:35 Mithridade

LesMills PILATES

19:35-20:10 Mithridade

LesMills BODYBALANCE

17:15-18:15 Marina

LesMills BODYATTACK

18:15-18:45 Nathalie

LesMills CORE

18:45-19:35 Nathalie

ZUMBA

17:30-18:30 Vanessa

LesMills BODYPUMP

18:30-19:30 Vanessa

LesMills BODYPUMP

17:15-18:05 Alae

LesMills BODYCOMBAT

18:05-18:55 Alae

ZUMBA

18:55-19:55 Cynthia

MISE EN FORME
Econofitness