

GROUP FITNESS CLASSES WITH LIVE COACH

EXCLUSIVE TO EXTRA MEMBERS

Boucherville

MONDAY

Gofitness ATHLETIK
9:00-10:00 Anne

TUESDAY

WEDNESDAY

Gofitness ATHLETIK
9:00-10:00 Anne

THURSDAY

ZUMBA
10:00-11:00 Tracy

FRIDAY

SATURDAY

LesMills BODYPUMP
9:00-10:00 Vanessa

ZUMBA
10:00-11:00 Vanessa

SUNDAY

ZUMBA
9:00-10:00 Julio

LesMills BODYBALANCE
10:00-11:00 Marina

LesMills BODYPUMP
11:00-12:00 Christine

LesMills BODYPUMP
12:00-13:00 Alae

ZUMBA
17:15-18:15 Julio

LesMills BODYBALANCE
17:15-18:15 Marina

ZUMBA
17:15-18:15 Vanessa

LesMills BODYPUMP
18:15-19:15 Vanessa

LesMills BODYPUMP
18:15-19:15 Nathalie

ZUMBA
18:15-19:15 Tracy

LesMills BODYBALANCE
19:15-20:15 Nathalie

LesMills BODYCOMBAT
19:15-20:05 Vanessa

LesMills BODYBALANCE
19:15-20:15 Marina

Week of July
28th

MISE EN FORME
Econofitness