

GROUP FITNESS CLASSES WITH LIVE COACH EXCLUSIVE TO EXTRA MEMBERS

Boucherville

MONDAY

ZUMBA

9:00-10:00 Whitney

LesMills tone

10:00-10:50 Anne

TUESDAY

LES MILLS BODYPUMP

9:00-10:00 Stéphanie

LesMills PILATES

10:00-10:45 Stéphanie

WEDNESDAY

LesMills tone

9:00-9:50 Anne

LES MILLS STRENGTH

9:50-10:40 Anne

THURSDAY

LesMills BODYPUMP

9:00-10:00 Stéphanie

LesMills PILATES

10:00-10:45 Stéphanie

FRIDAY

ZUMBA

9:00-10:00 Whitney

LesMills tone

10:00-10:50 Whitney

SATURDAY

LesMills BODYPUMP

9:00-10:00 Vanessa-
Valérie

ZUMBA

10:00-11:00 Vanessa-
Valérie

SUNDAY

ZUMBA

9:00-10:00 Cynthia

LesMills PILATES

10:00-10:30 Marina

LesMills BODYBALANCE

10:30-11:15 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

**STARTING
SEPTEMBER
14TH.**

MISE EN FORME
Econofitness