

GROUP FITNESS CLASSES WITH LIVE COACH

EXCLUSIVE TO EXTRA MEMBERS

Boucherville

MONDAY

ZUMBA

9:00-10:00 Whitney

LesMills tone

10:00-10:45 Anne

TUESDAY

LESMILLS BODYPUMP

9:00-10:00 Stéphanie

LesMills PILATES

10:00-10:45 Stéphanie

WEDNESDAY

LesMills tone

9:00-9:45 Anne

LesMills STRENGHT

9:45-10:35 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

10:00-10:45 Whitney

SATURDAY

LesMills BODYPUMP

9:00-10:00 Vanessa

ZUMBA

10:00-11:00 Vanessa

LesMills BODYATTACK

11:00-11:45 Whitney

SUNDAY

ZUMBA

9:00-10:00 Tracy

LesMills PILATES

10:00-10:30 Marina

LesMills BODYBALANCE

10:30-11:15 Marina

LesMills BODYPUMP

11:15-12:15 Christine

LesMills STRENGHT

12:00-12:45 Alae

LesMills BODYATTACK

12:45-13:15 Alae

LesMills BODYPUMP

12:00-12:45 Nathalie

ZUMBA

17:00-18:00 Julio

LesMills BODYPUMP

18:00-18:50 Nathalie

LesMills BODYATTACK

18:50-19:35 Nathalie

LesMills PILATES

19:35-20:20 Marina

LesMills BODYBALANCE

17:00-18:00 Marina

ZUMBA

18:00-19:00 Tracy

LesMills BODYPUMP

19:00-20:00 Christine

ZUMBA

17:15-18:15 Vanessa

LesMills BODYPUMP

18:15-19:15 Vanessa

LesMills BODYCOMBAT

19:15-20:05 Vanessa

LesMills BODYATTACK

17:00-17:45 Whitney

ZUMBA

17:45-18:45 Whitney

LesMills tone

18:45-19:30 Anne

LesMills STRENGHT

19:30-20:20 Anne

LesMills BODYPUMP

17h15-18:05 Alae

LesMills BODYCOMBAT

18:05-18:55 Alae

Starting
September 22nd!

MISE EN FORME
Econofitness