

COURS EN GROUPE AVEC COACH

EXCLUSIF AUX MEMBRES EXTRA

Boucherville

MONDAY

ZUMBA

9:00-10:00 Whitney

LesMills tone

10:00-10:45 Anne

TUESDAY

LES MILLS BODYPUMP

9:00-10:00 Stéphanie

LesMills PILATES

10:00-10:45 Stéphanie

WEDNESDAY

LesMills tone

9:00-9:45 Anne

LesMills STRENGTH

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

SUNDAY

LesMills PILATES

10:00-10:30 Marina

LesMills BODYBALANCE

10:30-11:15 Marina

LesMills BODYPUMP

11:15-12:15 Christine

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

ZUMBA

17:15-18:15 Vanessa

LesMills BODYPUMP

18:15-19:15 Vanessa

MISE EN FORME
Econofitness