

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

LES MILLS BODYPUMP

9:00-10:00 Stéphanie

LesMills PILATES

10:00-10:45 Stéphanie

MERCREDI

LesMills tone

9:00-9:50 Anne

LesMills STRENGTH

9:45-10:35 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

ZUMBA

10:00-11:00 Vanessa

DIMANCHE

ZUMBA

9:00-10:00 Cynthia

LesMills PILATES

10:00-10:30 Marina

LesMills BODYBALANCE

10:30-11:15 Marina

LesMills BODYPUMP

11:15-12:15 Christine

ZUMBA

17:00-18:00 Julio

LesMills BODYBALANCE

17:15-18:15 Marina

ZUMBA

17:15-18:15 Vanessa

LesMills BODYPUMP

17:15-18:15 Alae

LesMills BODYPUMP

18:00-18:50 Nathalie

ZUMBA

18:15-19:15 Cynthia

LesMills BODYPUMP

18:15-19:15 Vanessa

LesMills BODYCOMBAT

18:15-19:15 Alae

LesMills BODYATTACK

18:50-19:35 Nathalie

LesMills PILATES

19:15-20:00 Marina

LesMills PILATES

19:35-20:20 Nathalie

MISE EN FORME
Econofitness