

# 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**  
18:00-19:00 Nathalie

**ZUMBA**  
18:15-19:15 Cynthia

**LesMills BODYPUMP**  
18:15-19:15 Vanessa

**LesMills BODYCOMBAT**  
18:15-19:15 Alae

**LesMills PILATES**  
19:00-19:45 Nathalie

**LesMills PILATES**  
19:15-20:00 Marina

MISE EN FORME  
**Econofitness**