

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

THURSDAY

LesMills BODYPUMP

9:00-10:00 Stéphanie

LesMills PILATES

10:00-10:45 Stéphanie

FRIDAY

ZUMBA

9:00-10:00 Whitney

SATURDAY

LesMills BODYPUMP

9:00-10:00 Vanessa

ZUMBA

10:00-11:00 Vanessa

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 Nathalie

LesMills PILATES

19:00-19:45 Nathalie

LesMills BODYBALANCE

17:15-18:15 Marina

ZUMBA

18:15-19:15 Cynthia

ZUMBA

17:15-18:15 Vanessa

LesMills BODYPUMP

18:15-19:15 Vanessa

LesMills BODYPUMP

17:15-18:15 Alae

LesMills BODYCOMBAT

18:15-19:15 Alae

MISE EN FORME
Econofitness