

# 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

**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

**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 BODYPUMP**  
18:00-18:50 Nathalie

**LesMills BODYATTACK**  
18:50-19:35 Nathalie

**LesMills PILATES**  
19:35-20:20 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 PILATES**  
19:15-20:00 Marina

**LesMills BODYPUMP**  
17:15-18:15 Alae

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

MISE EN FORME  
**Econofitness**