

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

LesMills BODYPUMP HEAVY
12:00-13:00 Mithridade
À partir du 3 juillet

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 PILATES
19:15-20:00 Marina

LesMills BODYPUMP
17:15-18:15 Alae

LesMills BODYCOMBAT
18:15-19:15 Alae

Starting
May 11th

MISE EN FORME
Econofitness