

GROUP FITNESS CLASSES WITH LIVE COACH

EXCLUSIVE TO EXTRA MEMBERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				LesMills BODYATTACK 8:15 - 9:00 Marie	LesMills tone 8:30 - 9h20 Magali	
LesMills BODYPUMP 9:00 - 10:00 Samantha	LesMills BODYSTEP 9:00 - 10:00 Sandra	LesMills BODYPUMP 9:00 - 10:00 Samantha	LesMills BODYSTEP 9:00 - 10:00 Sandra	LesMills BODYPUMP HEAVY 9:00 - 10:00 Marie	LesMills BODYPUMP 9:20 - 10:20 Noémie	LesMills BODYATTACK 9:30 - 10:00 Josiane
	LesMills PILATES 10:00-10:45 Sylvie			LesMills PILATES 10:00 - 10:45 Marie	ZUMBA 10:25-11:25 Cindy	LesMills STRENGTH 10:00 - 10:50 Josiane
						LesMills BODYBALANCE 11:00-12:00 Jean-Alexandre
LesMills BODYPUMP 16:45-17:45 Noémie		LesMills BODYATTACK 17:15 - 17:45 Josiane				
LesMills tone 17:45-18:35 Josiane	LesMills BODYPUMP HEAVY 18:00 - 19:00 Audrey	LesMills STRENGTH 17:45 - 18:35 Josiane	LesMills BODYSTEP 18:05 - 18:50 Élissa			
ZUMBA 18:35-19:35 Cindy	LesMills PILATES 19:00- 19:45 Audrey		LesMills BODYPUMP 18:50-19:50 Élissa			

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				LesMills BODYATTACK 8:15 - 9:00 Marie	LesMills tone 8:30 - 9h20 Magali	
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				LesMills PILATES 10:00 - 10:45 Marie	ZUMBA 10:25-11:25 Cindy	LesMills STRENGTH 10:00 - 10:50 Josiane
						LesMills BODYBALANCE 11:00-11:30 Jean-Alexandre
						LesMills yoga BREATH 11:30-12:00 Jean-Alexandre
LesMills BODYPUMP 16:45-17:45 Noémie	LesMills BODYSTEP 17:00 - 18:00 Noémie	LesMills BODYATTACK 17:15 - 17:45 Josiane	LesMills BODYSTEP 17:05 - 17:50 Marie			
LesMills tone 17:45-18:35 Josiane	LesMills PILATES 18:00- 18:30 Audrey	LesMills STRENGTH 17:45 - 18:35 Josiane	LesMills BODYPUMP 17:50-18:50 Élyssa			
ZUMBA 18:35-19:35 Cindy	LesMills BODYPUMP HEAVY 18:30 - 19:30 Audrey		LesMills PILATES 18:50- 19:35 Laura			

