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 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** 17:20 - 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	**ZUMBA** 18:35-19:35 *18 Nov*				

MISE EN FORME Econofitness