COURS EN GROUPE AVEC COACH

EXCLUSIF AUX MEMBRES EXTRA

Terrebonne

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
				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