

COURS EN GROUPE AVEC COACH

EXCLUSIF AUX MEMBRES EXTRA

Terrebonne

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

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
17:05 - 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
18h50 - 19h35 Laura

À COMPTER
DU 14
SEPTEMBRE

MISE EN FORME
Éconofitness