

GROUP FITNESS CLASSES WITH LIVE COACH

EXCLUSIVE TO EXTRA MEMBERS

MONDAY

LesMills BODYPUMP
9:00 - 10:00 Samantha

LesMills BODYPUMP
16:45-17:45 Noémie

LesMills tone
17:45-18:35 Josiane

ZUMBA
18:35-19:35 Cindy

TUESDAY

LesMills BODYSTEP
9:00 - 10:00 Sandra

LesMills PILATES
10:00-10:45 Sylvie

LesMills BODYPUMP HEAVY
18:00 - 19:00 Audrey

LesMills PILATES
19:00- 19:45 Audrey

WEDNESDAY

LesMills BODYPUMP
9:00 - 10:00 Samantha

LesMills BODYATTACK
17:15 - 17:45 Josiane

LesMills STRENGTH
17:45 - 18:35 Josiane

ZUMBA
18:35-19:35 Cindy

LesMills PILATES
19:35-20:20 Laura

THURSDAY

LesMills BODYSTEP
9:00 - 10:00 Sandra

LesMills BODYSTEP
18:05 - 18:50 Élissa

LesMills BODYPUMP
18:50-19:50 Élissa

FRIDAY

LesMills BODYATTACK
8:15 - 9:00 Marie

LesMills BODYPUMP HEAVY
9:00 - 10:00 Marie

LesMills PILATES
10:00 - 10:45 Marie

SATURDAY

LesMills tone
8:30 - 9h20 Magali

LesMills BODYPUMP
9:20 - 10:20 Noémie

ZUMBA
10:25-11:25 Cindy

SUNDAY

LesMills BODYATTACK
9:30 - 10:00 Josiane

LesMills STRENGTH
10:00 - 10:50 Josiane

LesMills BODYBALANCE
11:00-12:00 Jean-Alexandre

FROM JUNE 29TH

MISE EN FORME
Éconofitness