

# 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 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**  
9:00 - 9:50 Marie

**LesMills BODYPUMP**  
9:20 - 10:20 Noémie

**LesMills BODYATTACK**  
9:30 - 10:00 Josiane

**LesMills PILATES**  
10:00-10:45 Sylvie

**LesMills PILATES**  
9:50 - 10:35 Marie

**ZUMBA**  
10:25-11:25 Vanessa

**LesMills STRENGTH**  
10:00 - 10:50 Josiane

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

**LesMills BODYPUMP**  
16:45-17:45 Noémie

**LesMills BODYSTEP**  
17:00- 18:00 Élyssa

**LesMills BODYATTACK**  
17:15 - 17:45 Josiane

**LesMills BODYSTEP**  
17:00-18:00 Noémie

**LesMills tone**  
17:45-18:35 Josiane

**LesMills BODYPUMP**  
18:00 - 18:50 Audrey

**LesMills STRENGTH**  
17:45 - 18:35 Josiane

**LesMills BODYSTEP**  
18:05 - 18:50 Élyssa

**ZUMBA**  
18:35-19:35 Vanessa

**LesMills PILATES**  
18:50 - 19:35 Audrey

**ZUMBA**  
18:35-19:35 Vanessa

**LesMills BODYPUMP**  
18:50-19:50 Élyssa

**ZENYOGA**  
19h35-20:35 Saida

**ZUMBA**  
19:35 - 20:35 Cindy

**LesMills PILATES**  
19:35-20:20 Laura

MISE EN FORME  
**Econofitness**