

GROUP FITNESS CLASSES WITH LIVE COACH

EXCLUSIVE TO EXTRA MEMBERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	LesMills BODYPUMP 8:10-8:55 Annick	LesMills BODYATTACK 8:10-9:10 Jasmine	LesMills BODYSTEP 8:10-8:55 Geneviève	LesMills BODYPUMP 8:10-9:00 Annick	LesMills BODYPUMP 8:30-9:30 Elizabeth	LES MILLS BODYPUMP 8:10-9:10 KARINE
LesMills BODYPUMP 9:00-10:00 Annick	POWER CARDIO 9:00-9:30 Annick	LesMills BODYBALANCE 9:15-10:15 Annick	LesMills BODYPUMP 9:00-10:00 Annick	LesMills BODYBALANCE 9:00-10:00 Annick	LesMills BODYATTACK 9:35-10:20 Elizabeth	LesMills BODYCOMBAT 9:15-10:00 Emie
	GoFitness ABS 9:30-9:45 Annick				LesMills CORE 10:20-10:55 Elizabeth	LesMills BODYBALANCE 10:05-11:05 Sabine
					ZUMBA 11:00-12:00 Caroline	
					LesMills BODYBALANCE 12:00-13:00 Caroline	
LesMills BODYPUMP 16:25-17:25 Karine	LesMills BODYPUMP 16:15-17:15 Elizabeth	LesMills BODYCOMBAT 16:25-17:25 Karine	ZUMBA 16:30-17:30 Caroline	LesMills BODYATTACK 16:00-17:00 Jasmine		
	LesMills BODYATTACK 17:20-17:50 Elizabeth					
LesMills BODYATTACK 17:30-18:30 Sophie	LesMills CORE 17:50-18:25 Elizabeth	LesMills BODYPUMP 17:30-18:30 Karine	LesMills BODYSTEP 17:30-18:30 Karine	LesMills BODYCOMBAT 17:00-18:00 Karine		
ZUMBA 18:30-19:30 Janine	ZUMBA 18:30-19:30 Caroline	ZUMBA 18:35-19:35 Janine	LesMills BODYBALANCE 18:30-19:30 Sabine	ZUMBA 18:00-19:00 Janine		
	LesMills BODYBALANCE 19:30-20:30 Caroline					

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EXCLUSIVE TO EXTRA MEMBERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LesMills BODYATTACK 8:10-8:55 Jasmine	LesMills tone 8:10-8:55 Annick	LesMills BODYPUMP 08:10-9:10 Annick	LesMills BODYSTEP 8:10-8:55 Geneviève	LesMills BODYPUMP 8:10-9:00 Annick	LesMills BODYPUMP 8:30-9:30 Elizabeth	LES MILLS STRENGTH 8:10-9:00 KARINE
LesMills BODYPUMP 9:00-10:00 Annick	LesMills PILATES 9:00-9:45 Annick		LesMills tone 9:00-9:45 Annick	LesMills BODYBALANCE 9:00-10:00 Annick	LesMills BODYATTACK 9:35-10:20 Elizabeth	LesMills BODYCOMBAT 9:10-9:55 Émie
LesMills PILATES 12:00-12:45 Sabine					LesMills CORE 10:20-11:05 Elizabeth	LesMills BODYBALANCE 10:00-11:00 Sabine
					ZUMBA 11:05-12:05 Caroline	
					LesMills BODYBALANCE 12:05-13:05 Caroline	LesMills BODYATTACK 15:00-16:00 Sophie R.
LesMills BODYPUMP 16:25-17:25 Karine	LesMills BODYPUMP 16:15-17:15 Elizabeth	LesMills BODYCOMBAT 16:25-17:25 Karine	ZUMBA 16:30-17:30 Caroline	LesMills STRENGTH 16:15-17:05 Émie		
	LesMills BODYATTACK 17:20-17:50 Elizabeth					
LesMills BODYATTACK 17:30-18:30 Sophie R.	LesMills CORE 17:50-18:25 Elizabeth	LesMills BODYPUMP 17:30-18:30 Karine	LesMills PILATES 17:30-18:15 Caroline	LesMills BODYCOMBAT 17:15-18:15 Karine/Émie		
ZUMBA 18:30-19:30 Janine	ZUMBA 18:30-19:30 Caroline	ZUMBA 18:35-19:35 Janine	LesMills BODYATTACK 18:15-19:00 Sophie T.	ZUMBA 18:15-19:15 Janine		
	LesMills BODYBALANCE 19:30-20:30 Caroline	LesMills BODYSTEP 19:35-20:35 Karine	LesMills BODYBALANCE 19:00-20:00 Sabine			

Starting September
22nd!

MISE EN FORME
Econofitness