

COURS EN GROUPE AVEC COACH

EXCLUSIF AUX MEMBRES EXTRA

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
ZUMBA 8:30-9:30 Anny-Claude	LesMills STRENGTH 8:30-9:20 Lucie	LesMills BODYSTEP 8:30-9:30 Caroline	ZUMBA 8:30-9:30 Anny-Claude			
LesMills STRENGTH 9:30-10:20 Lucie	LesMills BODYBALANCE 9:30-10:30 Tommy	LesMills tone 9:30-10:20 Caroline	LesMills STRENGTH 9:30-10:20 Lucie	LesMills BODYBALANCE 9:30-10:30 Tommy	ZUMBA 9:00-9:45 Christiane	LesMills BODYSTEP 9:00-10:00 Caroline
					LesMills PILATES 09:50-10:35 Christiane	LesMills BODYPUMP 10:00-11:00 Sarah
LesMills BODYPUMP 12:00-13:00 Marie-Michelle	LesMills BODYATTACK 12:00-12:45 Marie-Michelle	LesMills STRENGTH 12:00-12:50 Marie-Michelle		LesMills BODYPUMP 12:00-13:00 Marie-Michelle		
LesMills BODYATTACK 16:30-17:15 Yannick	LesMills BODYPUMP 16:30-17:30 Marie-Michelle	LesMills BODYATTACK 16:30-17:15 Yannick	LesMills STRENGTH 16:45-17:35 Marie-Michelle			
LesMills BODYPUMP 17:15-18:15 Yannick	LesMills BODYATTACK 17:35-18:05 Marie-Michelle	LesMills BODYPUMP 17:15-18:15 Yannick	LesMills BODYCOMBAT 17:35-18:35 Caroline	LesMills tone 17:00-17:50 Caroline		
	LesMills BODYCOMBAT 18:05-18:55 Caroline	ZUMBA 18:15-19:15 Christiane				
	LesMills PILATES 18:55-19:40 Caroline					

COURS EN GROUPE AVEC COACH

EXCLUSIF AUX MEMBRES EXTRA

Chicoutimi

LUNDI

ZUMBA

8:30-9:30 Anny-Claude

LesMills STRENGTH

9:30-10:20 Lucie

LesMills BODYPUMP

12:00-13:00 Marie-Michelle

LesMills BODYATTACK

16:30-17:15 Yannick

LesMills BODYPUMP

17:15-18:15 Yannick

MARDI

LesMills BODYATTACK

12:00-12:45 Marie-Michelle

LesMills BODYPUMP

16:30-17:30 Marie-Michelle

LesMills BODYATTACK

17:35-18:05 Marie-Michelle

LesMills BODYCOMBAT

18:05-18:55 Caroline

LesMills PILATES

18:55-19:40 Caroline

MERCREDI

LesMills BODYSTEP

8:30-9:30 Caroline

LesMills tone

9:30-10:20 Caroline

JEUDI

VENDREDI

LesMills BODYPUMP

12:00-13:00 Marie-Michelle

LesMills tone

17:00-17:50 Caroline

SAMEDI

LesMills PILATES

9:45-10:35 Caroline

DIMANCHE

LesMills BODYSTEP

9:00-10:00 Caroline

Semaine du
22 décembre 2025

MISE EN FORME
Econofitness

COURS EN GROUPE AVEC COACH

EXCLUSIF AUX MEMBRES EXTRA

Chicoutimi

LUNDI

ZUMBA

8:30-9:30 Anny-Claude

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

LesMills BODYSTEP

8:30-9:30 Caroline

LesMills tone

9:30-10:20 Caroline

ZUMBA

9:00-9:45 Christiane

LesMills BODYSTEP

9:00-10:00 Caroline

LesMills PILATES

09:50-10:35 Caroline

LesMills BODYPUMP

12:00-13:00 Marie-Michelle

LesMills BODYATTACK

12:00-12:45 Marie-Michelle

LesMills BODYPUMP

12:00-13:00 Marie-Michelle

LesMills BODYPUMP

16:30-17:30 Marie-Michelle

LesMills BODYATTACK

17:35-18:05 Marie-Michelle

LesMills BODYCOMBAT

18:05-18:55 Caroline

LesMills PILATES

18:55-19:40 Caroline

LesMills tone

17:00-17:50 Caroline

Semaine du
29 décembre 2025

MISE EN FORME
Econofitness