

# COURS EN GROUPE AVEC COACH

## EXCLUSIF AUX MEMBRES EXTRA

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
<b>ZUMBA</b> 8:30-9:30 Anny-Claude	<b>LesMills STRENGTH</b> 8:30-9:20 Lucie	<b>LesMills BODYSTEP</b> 8:30-9:30 Caroline	<b>ZUMBA</b> 8:30-9:30 Anny-Claude			
<b>LesMills STRENGTH</b> 9:30-10:20 Lucie	<b>LesMills BODYBALANCE</b> 9:30-10:30 Tommy	<b>LesMills tone</b> 9:30-10:20 Caroline	<b>LesMills STRENGTH</b> 9:30-10:20 Lucie	<b>LesMills BODYBALANCE</b> 9:30-10:30 Tommy	<b>ZUMBA</b> 9:00-9:45 Christiane	<b>LesMills BODYSTEP</b> 9:00-10:00 Caroline
<b>LesMills PILATES</b> 10:25-11:10 Lucie					<b>LesMills PILATES</b> 09:50-10:35 Christiane	<b>LesMills tone</b> 10:00-10:50 Caroline
<b>LesMills BODYPUMP</b> 12:00-13:00 Marie-Michelle		<b>LesMills BODYPUMP HEAVY</b> 12:00-13:00 Marie-Michelle		<b>LesMills BODYPUMP</b> 12:00-13:00 Marie-Michelle		
<b>LesMills BODYATTACK</b> 16:30-17:15 Yannick	<b>LesMills BODYPUMP HEAVY</b> 16:30-17:30 Marie-Michelle	<b>LesMills BODYATTACK</b> 16:30-17:15 Yannick	<b>LesMills BODYPUMP</b> 16:45-17:45 Marie-Michelle			
<b>LesMills BODYPUMP</b> 17:15-18:15 Yannick	<b>LesMills BODYATTACK</b> 17:30-18:00 Marie-Michelle	<b>LesMills BODYPUMP</b> 17:15-18:15 Yannick	<b>LesMills BODYCOMBAT</b> 17:45-18:55 Caroline			
<b>LesMills BODYBALANCE</b> 18:20-19:20 Mélanie	<b>LesMills BODYCOMBAT</b> 18:05-18:55 Caroline					
	<b>LesMills PILATES</b> 18:55-19:40 Caroline					

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CHICOUTIMI

**LUNDI**

**MARDI**

**MERCREDI**

**JEUDI**

**VENDREDI**

**SAMEDI**

**DIMANCHE**

**ZUMBA**  
8:30-9:30 Anny-Claude

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8:30-9:20 Lucie

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**LesMills BODYSTEP**  
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**LesMills tone**  
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12:00-13:00 Marie-Michelle

**LesMills BODYPUMP HEAVY**  
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**LesMills BODYCOMBAT**  
17:45-18:55 Caroline

**LesMills BODYCOMBAT**  
18:05-18:55 Caroline

**LesMills PILATES**  
18:55-19:40 Caroline

**À PARTIR DU  
29 JUIN**

MISE EN FORME  
**Econofitness**