

COURS EN GROUPE AVEC COACH

EXCLUSIF AUX MEMBRES EXTRA

Saint-Denis

LUNDI

LesMills STRENGTH
8:30-9:20 Sophie B.

LesMills PILATES
9:20-10:05 Sophie B.

LesMills BODYPUMP
12:00-12:50 Laurent

LesMills BODYCOMBAT
12:50 - 13:25 Laurent

LesMills BODYSTEP
17:30 -18:15 Richard

LesMills BODYPUMP
18:15 -19:05 Richard

LesMills CORE
19:05-19:40 Marie

ZUMBA
19:40-20:40 Marie

LesMills BODYPUMP
20:40 - 21:40 Valérie Me.

MARDI

LesMills STRENGTH
12:15-13:05 Laurent

LesMills BODYATTACK
16:30-17:00 Sophie P.

LesMills BODYPUMP
17:00 -18:00 Sophie P.

LesMills CORE
18:00 -18:35 Sophie P.

LesMills BODYCOMBAT
18:35 -19:25 Sophie P.

LesMills STRENGTH
19:25-20:10 Sophie P.

ZUMBA
20:10-21:10 Valérie Me.

MERCREDI

LesMills BODYBALANCE
17:15 - 18:15 Sophie B.

LesMills PILATES
18:15 -19:00 Sophie B.

ZUMBA
19:00-20:00 Marie

LesMills CORE
20:00-20:35 Marie

JEUDI

LesMills tone
9:00-9:45 Laurent

LesMills BODYATTACK
16:30-17:00 Richard

LesMills CORE
17:00-17:35 Richard

LesMills BODYCOMBAT
17:35 - 18:25 Valérie Ma

LesMills BODYPUMP
18:25- 19:25 Valérie Ma

ZUMBA
19:25-20:25 Valérie

VENDREDI

LesMills BODYPUMP
12:15-13:15 Laurent

ZUMBA
17:00 - 18:00 Katrina

LesMills BODYPUMP
18:00-19:00 Richard

SAMEDI

ZUMBA
8:30-9:30 Marie

LesMills BODYPUMP
9:30 - 10:30 Sophie P.

LesMills CORE
10:35 - 11:10 Sophie P.

LesMills BODYCOMBAT
11:10 - 12:00 Sophie P.

LesMills STRENGTH
12:00-12:50 Sophie P.

DIMANCHE

ZUMBA
9:00-10:00 Katrina

LesMills BODYPUMP
10:00 - 11:00 Valérie Ma

LesMills BODYBALANCE
11:00 - 12:00 Valérie Ma

À partir du 22
septembre!

MISE EN FORME
Econofitness

GROUP FITNESS CLASSES WITH LIVE COACH

EXCLUSIVE TO EXTRA MEMBERS

Saint-Denis

MONDAY

TUESDAY

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

LesMills BODYPUMP
12:15-13:00 Laurent

LesMills BODYCOMBAT
12:15 - 13:00 Laurent

GoFitness ATHLETIK
17:15 - 18:15 Sophie B.

LesMills BODYPUMP
17:00 -18:00 Sophie P.

LesMills BODYBALANCE
17:15 - 18:15 Sophie B.

POWERCARDIO
16:30-17:00 Richard

LesMills CORE
17:00-17:30 Richard

LesMills BODYPUMP
12:15-13:15 Laurent

LesMills BODYCOMBAT
11:10 - 12:00 Sophie P.

ENTRAINEMENT COACHÉ
12:00 - 13:00 Sophie P.

ZUMBA
17:00 - 18:00 Katrina

LesMills BODYPUMP
18:00-19:00 Richard

LesMills BODYPUMP
18:15 -19:00 Sophie B.

LesMills CORE
18:00 -18:35 Sophie P.

LesMills BODYPUMP
18:15 -19:00 Sophie B.

LesMills BODYCOMBAT
17:35 - 18:35 Valérie Ma

GoFitness ABS
19:05 - 19:40 Valérie Me

LesMills BODYCOMBAT
18:35 -19:25 Sophie P.

LesMills CORE
19:05 - 19:40 Sophie B

LesMills BODYPUMP
18:35- 19:35 Valérie Ma

ZUMBA
19:40-20:40 Valérie

ENTRAINEMENT COACHÉ
19:25 - 20:25 Sophie P.

ZUMBA
19:40-20:40 Valérie

ZUMBA
19:40-20:40 Valérie

LesMills BODYPUMP
20:40 - 21:40 Laurent

ZUMBA
9:00-10:00 Katrina

LesMills BODYPUMP
9:30 - 10:30 Sophie P.

LesMills BODYPUMP
10:00 - 11:00 Valérie Ma

LesMills CORE
10:35 - 11:10 Sophie P.

LesMills BODYBALANCE
11:00 - 12:00 Valérie Ma

MISE EN FORME
Econofitness