

GROUP FITNESS CLASSES WITH LIVE COACH

EXCLUSIVE TO EXTRA MEMBERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LesMills tone 8:10-9:00 Annick	LesMills BODYPUMP HEAVY 08:10-9:10 Annick	LesMills BODYPUMP 08:10-9:10 Annick	LesMills BODYSTEP 8:10-8:55 Karine	LesMills BODYPUMP HEAVY 8:10-9:10 Annick	LesMills BODYPUMP 8:30-9:30 Elizabeth	LES MILLS BODYSTEP 8:10-9:10 KARINE
LesMills BODYPUMP 9:00-10:00 Annick	LesMills PILATES 9:10-9:55 Annick		LesMills tone 9:00-9:50 Annick	LesMills BODYBALANCE 9:10-10:10 Annick	LesMills BODYATTACK 9:35-10:20 Elizabeth	LesMills STRENGTH 9:10-10:00 Karine
					LesMills CORE 10:20-11:10 Elizabeth	LesMills BODYBALANCE 10:05-11:05 Sabine
LesMills PILATES 12:00-12:45 Sabine					ZUMBA 11:10-12:10 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 STRENGTH 16:25-17:15 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 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 PILATES 19:30-20:15 Caroline					

COURS EN GROUPE AVEC COACH

EXCLUSIF AUX MEMBRES EXTRA

HULL

LUNDI

LesMills tone
8:10-9:00 Annick

LesMills BODYPUMP
9:00-9:50 Annick

LesMills PILATES
12:00-12:45 Sabine

LesMills BODYPUMP
16:25-17:25 Karine

LesMills BODYATTACK
17:30-18:30 Sophie R.

ZUMBA
18:30-19:30 Janine

MARDI

LesMills BODYPUMP HEAVY
08:10-9:10 Annick

LesMills PILATES
9:10-9:55 Annick

ZUMBA
18:30-19:30 Caroline

LesMills PILATES
19:30-20:15 Caroline

MERCREDI

LesMills BODYPUMP
08:10-9:10 Annick

LesMills BODYCOMBAT
16:25-17:25 Karine

LesMills BODYPUMP
17:30-18:30 Karine

ZUMBA
18:35-19:35 Fabiola

JEUDI

LesMills tone
9:00-9:50 Annick

ZUMBA
16:30-17:30 Caroline

LesMills PILATES
17:30-18:15 Caroline

LesMills BODYATTACK
18:15-19:00 Sophie T.

VENDREDI

LesMills BODYPUMP HEAVY
8:10-9:10 Annick

LesMills BODYBALANCE
9:10-10:10 Annick

LesMills STRENGTH
16:25-17:15 Émie

LesMills BODYCOMBAT
17:15-18:05 Émie

ZUMBA
18:15-19:15 Fabiola

SAMEDI

ZUMBA
11:10-12:10 Fabiola

DIMANCHE

LES MILLS BODYSTEP
8:10-9:10 KARINE

LesMills STRENGTH
9:10-10:00 Karine

LesMills BODYBALANCE
10:05-11:05 Sabine

**SEMAINE DU
20 JUILLET**

MISE EN FORME
Econofitness

COURS EN GROUPE AVEC COACH

EXCLUSIF AUX MEMBRES EXTRA

HULL

LUNDI

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8:10-9:00 Annick

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10:05-11:05 Sabine

SEMAINE DU
27 JUILLET

MISE EN FORME
Econofitness