

# GROUP FITNESS CLASSES WITH LIVE COACH

## EXCLUSIVE TO EXTRA MEMBERS

| MONDAY                                                 | TUESDAY                                                      | WEDNESDAY                                                    | THURSDAY                                               | FRIDAY                                                 | SATURDAY                                          | SUNDAY                                          |
|--------------------------------------------------------|--------------------------------------------------------------|--------------------------------------------------------------|--------------------------------------------------------|--------------------------------------------------------|---------------------------------------------------|-------------------------------------------------|
| <b>ZUMBA</b><br>8:30-9:30 Anny-Claude                  | <b>LesMills STRENGTH</b><br>8:30-9:20 Lucie                  | <b>LesMills BODYSTEP</b><br>8:45-9:30 Caroline               | <b>ZUMBA</b><br>8:30-9:30 Anny-Claude                  |                                                        |                                                   |                                                 |
| <b>LesMills STRENGTH</b><br>9:30-10:20 Lucie           | <b>LesMills BODYBALANCE</b><br>9:30-10:30 Tommy              | <b>LesMills TONE</b><br>9:30-10:20 Caroline                  | <b>LesMills STRENGTH</b><br>9:30-10:20 Lucie           | <b>LesMills BODYBALANCE</b><br>9:30-10:30 Tommy        | <b>ZUMBA</b><br>9:00-9:45 Christiane              | <b>LesMills BODYSTEP</b><br>9:15-10:00 Caroline |
| <b>LesMills PILATES</b><br>10:25-11:10 Lucie           |                                                              |                                                              |                                                        |                                                        | <b>LesMills PILATES</b><br>09:50-10:35 Christiane | <b>LesMills tone</b><br>10:00-10:50 Caroline    |
| <b>LesMills BODYPUMP</b><br>12:00-13:00 Marie-Michelle |                                                              | <b>LesMills BODYPUMP HEAVY</b><br>12:00-13:00 Marie-Michelle |                                                        | <b>LesMills BODYPUMP</b><br>12:00-13:00 Marie-Michelle |                                                   |                                                 |
|                                                        |                                                              |                                                              |                                                        |                                                        |                                                   |                                                 |
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| <b>LesMills BODYATTACK</b><br>16:30-17:15 Yannick      | <b>LesMills BODYPUMP HEAVY</b><br>16:30-17:30 Marie-Michelle | <b>LesMills BODYATTACK</b><br>16:30-17:15 Yannick            | <b>LesMills BODYPUMP</b><br>16:45-17:45 Marie-Michelle |                                                        |                                                   |                                                 |
| <b>LesMills BODYPUMP</b><br>17:15-18:15 Yannick        | <b>LesMills BODYATTACK</b><br>17:35-18:05 Marie-Michelle     | <b>LesMills BODYPUMP</b><br>17:15-18:15 Yannick              | <b>LesMills BODYCOMBAT</b><br>17:45-18:45 Caroline     |                                                        |                                                   |                                                 |
|                                                        | <b>LesMills BODYCOMBAT</b><br>18:05-18:55 Caroline           |                                                              |                                                        |                                                        |                                                   |                                                 |
|                                                        | <b>LesMills PILATES</b><br>18:55-19:40 Caroline              |                                                              |                                                        |                                                        |                                                   |                                                 |

# COURS EN GROUPE AVEC COACH

## EXCLUSIF AUX MEMBRES EXTRA

CHICOUTIMI

**LUNDI**

**MARDI**

**MERCREDI**

**JEUDI**

**VENDREDI**

**SAMEDI**

**DIMANCHE**

**ZUMBA**

8:30-9:30 Anny-Claude

**LesMills BODYSTEP**

8:45-9:30 Caroline

**ZUMBA**

8:30-9:30 Anny-Claude

**LesMills BODYBALANCE**

9:30-10:30 Tommy

**LesMills tone**

9:30-10:20 Caroline

**LesMills BODYBALANCE**

9:30-10:30 Tommy

**LesMills BODYSTEP**

9:15-10:00 Caroline

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10:00-10:50 Caroline

**LesMills BODYPUMP**

12:00-13:00 Marie-Michelle

**LesMills BODYPUMP HEAVY**

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16:30-17:30 Marie-Michelle

**LesMills BODYATTACK**

17:30-18:00 Marie-Michelle

**LesMills BODYCOMBAT**

18:05-18:55 Caroline

**LesMills PILATES**

18:55-19:40 Caroline

**LesMills BODYCOMBAT**

17:45-18:55 Caroline

**SEMAINE DU  
20 JUILLET**

MISE EN FORME  
**Econofitness**

# COURS EN GROUPE AVEC COACH

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18:55-19:40 Caroline

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17:45-18:55 Caroline

**SEMAINE DU  
27 JUILLET**

MISE EN FORME  
**Econofitness**