

COURS EN GROUPE AVEC COACH

EXCLUSIF AUX MEMBRES EXTRA

Boucherville

LUNDI

ZUMBA

9:00-10:00 Whitney

LesMills tone

10:00-10:45 Anne

MARDI

LESMILLS BODYPUMP

9:00-10:00 Stéphanie

LesMills PILATES

10:00-10:45 Stéphanie

MERCREDI

LesMills tone

9:00-9:45 Anne

LesMills STRENGTH

9:45-10:35 Anne

LesMills STRENGTH

12:00-12:45 Alae

LesMills BODYATTACK

12:45-13:15 Alae

JEUDI

LesMills BODYPUMP

9:00-10:00 Stéphanie

LesMills PILATES

10:00-10:45 Stéphanie

VENDREDI

ZUMBA

9:00-10:00 Whitney

LesMills tone

10:00-10:45 Whitney

LesMills BODYPUMP

12:00-12:45 Nathalie

SAMEDI

LesMills BODYPUMP

9:00-10:00 Vanessa

ZUMBA

10:00-11:00 Vanessa

LesMills BODYATTACK

11:00-11:45 Whitney

DIMANCHE

ZUMBA

9:00-10:00 Tracy

LesMills PILATES

10:00-10:30 Marina

LesMills BODYBALANCE

10:30-11:15 Marina

LesMills BODYPUMP

11:15-12:15 Christine

ZUMBA

17:00-18:00 Julio

LesMills BODYPUMP

18:00-18:50 Nathalie

LesMills BODYATTACK

18:50-19:35 Nathalie

LesMills PILATES

19:35-20:20 Marina

LesMills BODYBALANCE

17:00-18:00 Marina

ZUMBA

18:00-19:00 Tracy

LesMills BODYPUMP

19:00-20:00 Christine

ZUMBA

17:15-18:15 Vanessa

LesMills BODYPUMP

18:15-19:15 Vanessa

LesMills BODYCOMBAT

19:15-20:05 Vanessa

LesMills BODYATTACK

17:00-17:45 Whitney

ZUMBA

17:45-18:45 Whitney

LesMills tone

18:45-19:30 Anne

LesMills STRENGTH

19:30-20:20 Anne

LesMills BODYPUMP

17h15-18:05 Alae

LesMills BODYCOMBAT

18:05-18:55 Alae

À partir du 22
septembre!

MISE EN FORME
Econofitness

COURS EN GROUPE AVEC COACH

EXCLUSIF AUX MEMBRES EXTRA

LUNDI

GoFitness ATHLETIK
9:00-10:00 Anne

ZUMBA
10:00-11:00 Whitney

ZUMBA
17:15-18:15 Julio

LesMills BODYPUMP
18:15-19:15 Nathalie

LesMills BODYBALANCE
19:15-20:15 Nathalie

MARDI

LES MILLS BODYPUMP
9:00-10:00 Stéphanie

LesMills BODYBALANCE
17:15-18:15 Marina

ZUMBA
18:15-19:15 Tracy

MERCREDI

GoFitness ATHLETIK
9:00-10:00 Anne

LesMills BODYPUMP
12:00-13:00 Alae

ZUMBA
17:15-18:15 Vanessa

LesMills BODYPUMP
18:15-19:15 Vanessa

LesMills BODYCOMBAT
19:15-20:05 Vanessa

JEUDI

GoFitness MUSCLES
9:00-10:00 Stéphanie

ZUMBA
10:00-11:00 Tracy

LesMills BODYPUMP
17:15-18:15 Nathalie

ZUMBA
18:15-19:15 Whitney

LesMills BODYBALANCE
19:15-20:15 Marina

VENDREDI

ZUMBA
9:00-10:00 Whitney

LesMills BODYPUMP
12:00-13:00 Stéphanie

SAMEDI

LesMills BODYPUMP
9:00-10:00 Vanessa

ZUMBA
10:00-11:00 Vanessa

DIMANCHE

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LesMills BODYBALANCE
10:00-11:00 Marina

LesMills BODYPUMP
11:00-12:00 Christine