

GROUP FITNESS CLASSES WITH LIVE COACH

EXCLUSIVE TO EXTRA MEMBERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LesMills STRENGTH 9:00-9:50 Sophie	LesMills tone 9:00-9:50 Sandra	LesMills BODYSTEP 8:30-9:15 Katya	LesMills tone 9:00-9:50 Laurie-Anne	LesMills STRENGTH 8:30-9:20 Sophie	LesMills BODYPUMP 8:00-9:00 Asmaa	ZUMBA 8:15-9:15 Nilva
ZUMBA 10:00-11:00 Isabelle	LesMills CORE 9:50-10:40 Sandra	LesMills BODYPUMP HEAVY 9:15-10:15 Katya	LesMills BODYBALANCE 9:50-10:35 Laurie-Anne	LesMills PILATES 09:25-10:10 Marie-Josée	LesMills BODYCOMBAT 9:00-9:30 Asmaa	LesMills BODYPUMP HEAVY 9:15-10:15 Katya
	ZUMBA 10:40-11:40 Nilva	ZUMBA 10:20-11:20 Nilva		ZUMBA 10:15-11:15 Isabelle	ZUMBA 9:35-10:35 Maria	LesMills BODYBALANCE 10:20-11:20 Laurie-Anne
LesMills BODYPUMP 12:00-13:00 Asmaa		LesMills BODYPUMP 12:00-13:00 Asmaa/M-Josée		LesMills BODYPUMP HEAVY 12:00-13:00 Marie-Josée	LesMills CORE 10:35-11:10 Mariane	
	LesMills BODYATTACK 16:45-17:15 Marie				LesMills BODYATTACK 11:10-11:40 Mariane	
ZUMBA 17:15-18:15 Isabelle	LesMills BODYPUMP 17:15-18:05 Myriam	ZUMBA 17:10-17:55 Karine	LesMills BODYATTACK 17:15-17:45 Sophie			
LesMills CORE 18:15-18:50 Mariane	LesMills PILATES 18:10-18:55 Laura	LesMills BODYPUMP 17:55-18:45 Karine	LesMills BODYCOMBAT 17:45-18:20 Sophie			
LesMills tone 18:50-19:40 Mariane	LesMills STRENGTH 19:00-19:50 Laura	LesMills BODYCOMBAT 18:45-19:35 Asmaa	LesMills BODYPUMP 18:20-19:10 Sophie			
LesMills BODYBALANCE 19:40-20:25 Jean-Alexandre		LesMills BODYBALANCE 19:40-20:25 Jean-Alexandre	ZUMBA 19:15-20:15 Maria			

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LesMills STRENGTH 9:00-9:50 Sophie	LesMills tone 9:00-9:50 Sandra	LesMills BODYSTEP 8:30-9:15 Katya	LesMills tone 9:00-9:50 Laurie-Anne	LesMills STRENGTH 8:30-9:20 Sophie	LesMills BODYPUMP 8:00-9:00 Asmaa	ZUMBA 8:15-9:15 Nilva
ZUMBA 10:00-11:00 Isabelle	LesMills CORE 9:50-10:40 Sandra	LesMills BODYPUMP HEAVY 9:15-10:15 Katya	LesMills BODYBALANCE 9:50-10:35 Laurie-Anne	LesMills PILATES 09:25-10:10 Marie-Josée	LesMills BODYCOMBAT 9:00-9:30 Asmaa	LesMills BODYPUMP HEAVY 9:15-10:15 Katya
	ZUMBA 10:40-11:40 Nilva	ZUMBA 10:20-11:20 Nilva		ZUMBA 10:15-11:15 Isabelle	ZUMBA 9:35-10:35 Maria	LesMills BODYSTEP 10:15-10:45 Katya
LesMills BODYPUMP 12:00-13:00 Asmaa		LesMills BODYPUMP 12:00-13:00 Asmaa/M-Josée		LesMills BODYPUMP HEAVY 12:00-13:00 Marie-Josée	LesMills CORE 10:35-11:10 Mariane	LesMills BODYBALANCE 10:45-11:45 Laurie-Anne
	LesMills BODYATTACK 16:45-17:15 Marie				LesMills BODYATTACK 11:10-11:40 Mariane	
ZUMBA 17:15-18:15 Isabelle	LesMills BODYPUMP 17:15-18:05 Myriam	ZUMBA 17:10-17:55 Karine	LesMills BODYATTACK 17:15-17:45 Sophie			
LesMills CORE 18:15-18:50 Mariane	LesMills PILATES 18:10-18:55 Laura	LesMills BODYPUMP 17:55-18:45 Karine	LesMills BODYCOMBAT 17:45-18:20 Sophie			
LesMills tone 18:50-19:40 Mariane	LesMills STRENGTH 19:00-19:50 Laura	LesMills BODYCOMBAT 18:45-19:35 Asmaa	LesMills BODYPUMP 18:20-19:10 Sophie			
LesMills yoga BREATH 19:40-20:25 Jean-Alexandre		LesMills BODYBALANCE 19:40-20:25 Jean-Alexandre	ZUMBA 19:15-20:15 Maria			

**STARTING
SEPTEMBER
14TH**

MISE EN FORME
Econofitness