

GROUP FITNESS CLASSES WITH LIVE COACH

EXCLUSIVE TO EXTRA MEMBERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
NEWBODY 9:00-10:00 Sandra	GoFitness ATHLETIK 9:00-9:45 Sandra	LesMills BODYPUMP 9:00-10:00 Katya	GoFitness ATHLETIK 9:00-9:45 Laurie-Anne	ENTRAÎNEMENT COACHÉ 9:00-10:00 Sophie	LesMills BODYPUMP 8:00-9:00 Asmaa	ZUMBA 8:15-9:15 Nilva
ZUMBA 10:00-11:00 Isabelle	LesMills CORE 9:45-10:35 Sandra	ZUMBA 10:05-11:05 Nilva	LesMills BODYBALANCE 9:45-10:45 Laurie-Anne	ZUMBA 10:00-11:00 Isabelle	LesMills BODYCOMBAT 9:00-9:30 Asmaa	LesMills BODYPUMP 9:15-10:15 Katya
	ZUMBA 10:35-11:35 Nilva				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 Marie-Josée	LesMills CORE 10:35-11:10 Mariane	
	POWER CARDIO 16:45-17:15 Marie				POWER CARDIO 11:10-11:40 Mariane	
ZUMBA 17:30-18:30 Isabelle	LesMills BODYPUMP 17:15-18:05 Myriam	ZUMBA 17:30-18:30 Guylène	LesMills BODYCOMBAT 17:15-18:05 Sophie			
LesMills CORE 18:30-19:05 Mariane	ZUMBA 18:10-19:10 Myriam	LesMills BODYCOMBAT 18:30-19:20 Asmaa	LesMills BODYPUMP 18:05-19:05 Sophie	LesMills BODYPUMP 18:00-19:00 Mariane		
POWER CARDIO 19:05-19:35 Mariane	LesMills BODYCOMBAT 19:10-19:45 Laura	LesMills BODYBALANCE 19:20-20:20 Jean-Alexandre	ZUMBA 19:15-20:15 Maria			
LesMills BODYBALANCE 19:35-20:20 Jean-Alexandre	LesMills BODYPUMP 19:45-20:45 Laura					

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 9:00-9:45 Sandra	LesMills BODYSTEP 8:15-9:00 Katya	LesMills tone 9:00-9:45 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 9:45-10:35 Sandra	LesMills BODYPUMP 9:00-10:00 Katya	LesMills BODYBALANCE 9:45-10:30 Laurie-Anne	LesMills PILATES 09:30-10:15 Marie-Josée	LesMills BODYCOMBAT 9:00-9:30 Asmaa	LesMills BODYPUMP 9:15-10:15 Katya
	ZUMBA 10:35-11:35 Nilva	ZUMBA 10:05-11:05 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 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 17:30-18:15 Guylène	LesMills BODYATTACK 17:15-18:00 Sophie			
LesMills CORE 18:15-18:50 Mariane	LesMills tone 18:10-18:55 Myriam	LesMills BODYCOMBAT 18:15-19:05 Asmaa	LesMills BODYPUMP 18:05-18:55 Sophie	LesMills BODYPUMP 18:00-19:00 Mariane		
LesMills tone 19:05-19:35 Mariane	LesMills STRENGTH 19:00-19:50 Laura	LesMills BODYPUMP 19:05-19:50 Karine	ZUMBA 19:00-20:00 Maria			
LesMills BODYBALANCE 19:35-20:20 Jean-Alexandre	LesMills PILATES 19:50-20:35 Laura	LesMills BODYBALANCE 19:50-20:35 Jean-Alexandre				

Starting September
22nd!

MISE EN FORME
Econofitness