

GROUP FITNESS CLASSES WITH LIVE COACH

EXCLUSIVE TO EXTRA MEMBERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					LesMills CORE 8:10-8:45 Maria-Émilie	LesMills tone 8:10 - 9:00 Magali
ZUMBA 9:00-10:00 Sandra	LesMills BODYATTACK 9:00 - 9:45 Marie-Josée	ZUMBA 9:00-10:00 Sandra	LesMills PILATES 9:00-9:45 Sylvie	ZUMBA 9:00-10:00 Sandra	LesMills BODYATTACK 8:45-9:30 Maria-Émilie	LesMills BODYPUMP 9:00 - 10:00 Magali
LesMills CORE 10:00 - 10:50 Sandra P	LesMills BODYPUMP 9:50 - 10:50 Marie-Josée	LesMills BODYSTEP 10:00 - 11:00 Sandra	LesMills tone 9:45-10:35 Sandra P	LesMills CORE 10:00 - 10:50 Sandra P	LesMills BODYPUMP 9:30-10:30 Maria-Émilie	LesMills BODYSTEP 10:00 - 10:30 Kharen
ZENYOGA 11:00 -12:00 France	LesMills PILATES 10:55 -11:40 Marie-Josée			ZENYOGA 11:00 -12:00 France	LesMills BODYSTEP 10:30 -11:00 Maria-Émilie	LesMills BODYBALANCE 10:30 - 11:30 Kharen
LesMills CORE 16:55-17:30 Magali						
LesMills BODYATTACK 17:30 - 18:00 Magali	LesMills BODYPUMP 17:00-18:00 Éline	LesMills BODYSTEP 17:00 - 18:00 Noémie	LesMills BODYPUMP 17:00-18:00 Éline			
LesMills BODYPUMP 18:00-19:00 Éline	LesMills tone 18:00 - 18:50 Kharen	LesMills tone 18:00 - 18:35 Noémie	LesMills BODYCOMBAT 18:00-18:50 Audrey			
LesMills BODYCOMBAT 19:00-20:00 Maria-Émilie	ZUMBA 18:50-19:50 Kharen	LesMills BODYPUMP 18:35-19:35 Noémie	LesMills PILATES 18:50 - 19:35 Audrey			

Starting
january 19th

MISE EN FORME
Econofitness