

GROUP FITNESS CLASSES WITH LIVE COACH

EXCLUSIVE TO EXTRA MEMBERS

Saint-Denis

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
LesMills STRENGTH 8:00-8:50 Sophie B.					ZUMBA 8:30-9:30 Marie	ZUMBA 9:00-10:00 Katrina
LesMills PILATES 8:50-9:35 Sophie B.					LesMills BODYPUMP 9:30 - 10:30 Sophie P.	LesMills BODYPUMP 10:00 - 11:00 Valérie Ma
					LesMills CORE 10:35 - 11:10 Sophie P.	LesMills PILATES 11:00-11:45 Valérie Ma
LesMills BODYPUMP 12:15-13:05 Laurent	LesMills BODYCOMBAT 12:15-13:05 Laurent	LesMills STRENGTH 12:15-13:05 Laurent		LesMills BODYPUMP 12:15-13:15 Laurent	LesMills BODYCOMBAT 11:10 - 12:00 Sophie P.	LesMills BODYBALANCE 11:45-12:30 Valérie Ma
	LesMills BODYATTACK 16:30-17:00 Sophie P.		LesMills BODYATTACK 16:30-17:00 Richard		LesMills STRENGTH 12:00-12:50 Sophie P.	
LesMills BODYSTEP 17:30 -18:15 Richard	LesMills BODYPUMP 17:00 -18:00 Sophie P.	LesMills BODYBALANCE 17:15 - 18:15 Sophie B.	LesMills CORE 17:00-17:35 Richard	ZUMBA 17:00 - 18:00 Katrina		
LesMills BODYPUMP 18:15 -19:05 Richard	LesMills CORE 18:00 -18:35 Sophie P.	LesMills PILATES 18:15 -19:00 Sophie B.	LesMills BODYCOMBAT 17:35 - 18:25 Valérie Ma	LesMills PILATES 18:00-18:45 Richard		
LesMills CORE 19:05-19:40 Marie	LesMills BODYCOMBAT 18:35 -19:25 Sophie P.	LesMills CORE 19:00-19:35 Marie	LesMills BODYPUMP 18:25- 19:25 Valérie Ma			
ZUMBA 19:40-20:40 Marie	LesMills STRENGTH 19:25-20:10 Sophie P.	ZUMBA 19:35-20:35 Marie	ZUMBA 19:25-20:25 Valérie			
LesMills BODYPUMP 20:40 - 21:40 Valérie Me.	ZUMBA 20:20-21:20 Valérie Me.					

MISE EN FORME
Econofitness