

GROUP FITNESS CLASSES WITH LIVE COACH

EXCLUSIVE TO EXTRA MEMBERS

Boucherville

MONDAY

GoFitness ATHLETIK
9:00-10:00 Anne

ZUMBA
10:00-11:00 Whitney

TUESDAY

LES MILLS BODYPUMP
9:00-10:00 Stéphanie

WEDNESDAY

GoFitness ATHLETIK
9:00-10:00 Anne

LesMills BODYPUMP
12:00-13:00 Alae

THURSDAY

GoFitness MUSCLES
9:00-10:00 Stéphanie

ZUMBA
10:00-11:00 Tracy

FRIDAY

ZUMBA
9:00-10:00 Whitney

LesMills BODYPUMP
12:00-13:00 Stéphanie

SATURDAY

LesMills BODYPUMP
9:00-10:00 Vanessa

ZUMBA
10:00-11:00 Vanessa

SUNDAY

ZUMBA
9:00-10:00 Julio

LesMills BODYBALANCE
10:00-11:00 Marina

LesMills BODYPUMP
11:00-12:00 Christine

Week of July
14th

MISE EN FORME
Econofitness

ZUMBA
17:15-18:15 Julio

LesMills BODYPUMP
18:15-19:15 Nathalie

LesMills BODYBALANCE
19:15-20:15 Nathalie

LesMills BODYBALANCE
17:15-18:15 Marina

ZUMBA
18:15-19:15 Tracy

ZUMBA
17:15-18:15 Vanessa

LesMills BODYPUMP
18:15-19:15 Vanessa

LesMills BODYCOMBAT
19:15-20:05 Vanessa

ZUMBA
18:15-19:15 Whitney

LesMills BODYBALANCE
19:15-20:15 Marina