

COURS EN GROUPE AVEC COACH

EXCLUSIF AUX MEMBRES EXTRA

Terrebonne

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

LesMills BODYPUMP
9:00 - 10:00 Samantha

LesMills BODYSTEP
9:00 - 10:00 Sandra

LesMills BODYPUMP
9:00 - 10:00 Samantha

LesMills BODYSTEP
9:00 - 10:00 Sandra

LesMills BODYPUMP
9:00 - 9:45 Marie

LesMills BODYPUMP
9:20 - 10:20 Noémie

LesMills BODYATTACK
9:30 - 10:00 Josiane

LesMills PILATES
9:45 - 10:30 Marie

ZUMBA
10:20-11:20 Vanessa

LesMills STRENGTH
10:00 - 10:50 Josiane

LesMills BODYBALANCE
11:00-12:00 Jean-Alexandre

LesMills BODYPUMP
16:45-17:45 Noémie

LesMills BODYSTEP
17:00- 17:30 Élyssa

LesMills BODYATTACK
17:15 - 17:45 Josiane

LesMills STRENGTH
16:45 - 17:35 Noémie

LesMills BODYSTEP
16:45- 17:45 Noémie

LesMills tone
17:45-18:30 Josiane

LesMills BODYPUMP
17:30-18:05 Élyssa

LesMills STRENGTH
17:45 - 18:35 Josiane

LesMills tone
17:35 - 18:20 Noémie

ZUMBA
18:35-19:35 Vanessa

LesMills PILATES
18:05 - 18:50 Audrey

ZUMBA
18:35-19:35 Vanessa

LesMills BODYSTEP
18:25 - 19:10 Élyssa

ZENYOGA
19h35-20:35 Saida

LesMills BODYPUMP
18:50 - 19:50 Audrey

LesMills PILATES
19:35-20:20 Laura

LesMills BODYPUMP
19:10-20:10 Élyssa

ZUMBA
19:50 - 20:50 Cindy

À partir du 22
septembre!

MISE EN FORME
Econofitness