

GROUP FITNESS CLASSES WITH LIVE COACH

EXCLUSIVE TO EXTRA MEMBERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		LesMills BODYATTACK 8:15 - 9:00 Marie		LesMills BODYATTACK 8:15 - 9:00 Marie	LesMills tone 8:35 - 9h20 Magali	
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					

Starting September
22nd!

MISE EN FORME
Éconofitness