

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 8:30 - 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 10:00-10:45 Sylvie			LesMills PILATES 9:45 - 10:30 Marie	ZUMBA 10:25-11:25 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- 18:00 Élyssa	LesMills BODYATTACK 17:15 - 17:45 Josiane	LesMills tone 17:15 - 18:05 Noémie	LesMills BODYSTEP 17:00-18:00 Noémie		
LesMills tone 17:45-18:35 Josiane	LesMills BODYPUMP 18:00 - 18:50 Audrey	LesMills STRENGTH 17:45 - 18:35 Josiane	LesMills BODYSTEP 18:05 - 18:50 Élyssa			
ZUMBA 18:35-19:35 Vanessa	LesMills PILATES 18:50 - 19:35 Audrey	ZUMBA 18:35-19:35 Vanessa	LesMills BODYPUMP 18:50-19:50 Élyssa			
ZENYOGA 19h35-20:35 Saida	ZUMBA 19:35 - 20:35 Cindy	LesMills PILATES 19:35-20:20 Laura				



MISE EN FORME
Éconofitness