

GROUP FITNESS CLASSES WITH LIVE COACH

EXCLUSIVE TO EXTRA MEMBERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				LesMills BODYPUMP 8:00 - 9:00 Marie	LesMills BODYCOMBAT 8:45 - 9:20 Magali	
LesMills BODYPUMP 9:00 - 10:00 Samantha	TOTALFIT 9:00-10:00 Sandra	LesMills BODYPUMP 9:00 - 10:00 Samantha	TOTALFIT 9:00-10:00 Sandra	ATHLETIK 9:00-10:00 Sylvie	LesMills BODYPUMP 9:20 - 10:20 Noémie	POWER CARDIO 9:30-10:00 Josiane
					ZUMBA 10:20-11:20 Vanessa	MUSCLES 10:00-10:30 Josiane
						ZENYOGA 10:30-11:30 Saida
				LesMills BODYPUMP 12:00-13:00 Noémie		
LesMills BODYPUMP 17:00-18:00 Noémie		POWER CARDIO 17:30-18:00 Josiane	ENTRAINEMENT COACHÉ 17:30-18:30 Noémie			
LesMills BODYCOMBAT 18:00-18:35 Josiane	LesMills BODYCOMBAT 18:00-18:35 Audrey	MUSCLES 18:00-18:30 Josiane				
ZUMBA 18:35-19:35 Vanessa	LesMills BODYPUMP 18:35-19:35 Audrey	ZUMBA 18:35-19:35 Vanessa				
	ZUMBA 19:35-20:35 Cindy	ZENYOGA 19h35-20:35 Saida	LesMills BODYPUMP 19:05-20:05 Élyssa			