

Cours en groupe sur écran géant

LUNDI	MARDI	MERCREDI	JEUDI	VENDEDI	SAMEDI	DIMANCHE
GOFITNESS ZEN YOGA (6:05-7:00)	NEWBODY (6:05-6:45)	GOFITNESS MUSCLES (6:05-6:45)	GOFITNESS DANCE PARTY (6:05-6:45)	GOFITNESS MUSCLES (6:05-6:45)		
	GOFITNESS ABS (6:45-7:00)	POWER CARDIO (6:45-7:15)	GOFITNESS FLEX (6:45-7:00)	GOFITNESS COMBAT (6:45-7:30)		
GOFITNESS ATHLETIK (7:00-7:45)	GOFITNESS DANCE PARTY (7:00-7:45)	GOFITNESS FLEX (7:15-7:30)	GOFITNESS ATHLETIK (7:00-7:45)	GOFITNESS ABS (7:30-7:45)		
POWER CARDIO (7:45-8:15)	GOFITNESS COMBAT (7:45-8:30)	NEWBODY (7:30-8:15)	GOFITNESS ZEN YOGA (7:45-8:45)	GOFITNESS DANCE PARTY (7:45-8:30)		
GOFITNESS MUSCLES (8:15-9:00)	POWER CARDIO (8:30-9:00)			GOFITNESS ABS (8:15-8:30)	GOFITNESS ATHLETIK (8:30-9:15)	GOFITNESS MUSCLES (8:05-8:45)
GOFITNESS FLEX (9:00-9:15)	NEWBODY (9:00-9:45)	GOFITNESS FLEX (8:30-8:45)	NEWBODY (8:45-9:30)	GOFITNESS ZEN YOGA (9:15-10:15)	GOFITNESS ATHLETIK (8:45-9:30)	POWER CARDIO (8:45-9:15)
GOFITNESS ATHLETIK (9:15-10:00)		GOFITNESS FLEX (9:45-10:00)			GOFITNESS COMBAT (8:45-9:30)	GOFITNESS SENIOR (9:30-10:30)
GOFITNESS ABS (10:00-10:15)	GOFITNESS SENIOR (10:00-11:00)	GOFITNESS DANCE PARTY (9:30-10:15)	GOFITNESS FLEX (10:30-10:45)	GOFITNESS DANCE PARTY (10:45-11:30)	GOFITNESS DANCE PARTY (9:45-10:30)	NEWBODY (9:30-10:15)
GOFITNESS COMBAT (10:15-11:00)		GOFITNESS ATHLETIK (10:15-11:00)			GOFITNESS FLEX (10:30-10:45)	
GOFITNESS SENIOR (11:00-12:00)	GOFITNESS ZEN YOGA (11:00-12:00)	GOFITNESS FLEX (11:00-11:15)	NEWBODY (10:45-11:30)	GOFITNESS ABS (11:30-11:45)	GOFITNESS SENIOR (10:45-11:45)	GOFITNESS ZEN YOGA (11:00-12:00)
		GOFITNESS MUSCLES (11:15-12:00)	POWER CARDIO (11:30-12:00)	GOFITNESS FLEX (11:45-12:00)		
POWER CARDIO (12:00-12:30)	GOFITNESS ATHLETIK (12:00-12:45)	GOFITNESS DANCE PARTY (12:00-12:45)	GOFITNESS MUSCLES (12:00-12:45)	NEWBODY (12:00-12:45)	GOFITNESS COMBAT (11:45-12:30)	GOFITNESS MUSCLES (12:00-12:45)
GOFITNESS ABS (12:30-12:45)	GOFITNESS FLEX (12:45-13:00)	GOFITNESS COMBAT (12:45-13:30)	GOFITNESS ABS (12:45-13:00)		GOFITNESS ZEN YOGA (12:45-13:45)	GOFITNESS ABS (12:30-12:45)
GOFITNESS DANCE PARTY (12:45-13:30)	GOFITNESS MUSCLES (13:00-13:45)	POWER CARDIO (13:30-14:00)	GOFITNESS ATHLETIK (13:00-13:45)	GOFITNESS DANCE PARTY (13:45-14:30)		NEWBODY (12:45-13:30)
NEWBODY (13:30-14:15)	GOFITNESS ZEN YOGA (13:45-14:45)	GOFITNESS SENIOR (14:00-15:00)	GOFITNESS FLEX (13:45-14:00)		GOFITNESS DANCE PARTY (14:30-15:15)	GOFITNESS ZEN YOGA (13:30-14:30)
GOFITNESS ABS (14:15-14:30)			GOFITNESS MUSCLES (14:00-14:45)	GOFITNESS COMBAT (14:30-15:15)		
GOFITNESS SENIOR (14:30-15:30)	NEWBODY (14:45-15:30)	GOFITNESS ATHLETIK (15:00-15:45)	GOFITNESS ABS (14:45-15:00)	GOFITNESS DANCE PARTY (15:15-16:00)	GOFITNESS MUSCLES (14:30-15:15)	GOFITNESS ATHLETIK (15:00-15:45)
	POWER CARDIO (15:30-16:00)	GOFITNESS ZEN YOGA (15:45-16:45)	POWER CARDIO (15:00-15:30)	NEWBODY (16:00-16:45)	GOFITNESS FLEX (15:15-15:30)	GOFITNESS ABS (15:45-16:00)
GOFITNESS FLEX (15:30-15:45)	GOFITNESS ATHLETIK (16:00-16:45)		GOFITNESS FLEX (15:30-15:45)		POWER CARDIO (16:45-17:15)	POWER CARDIO (15:30-16:00)
GOFITNESS ABS (15:45-16:00)	NEWBODY (16:45-17:30)	POWER CARDIO (16:45-17:15)	GOFITNESS ABS (15:45-16:00)	GOFITNESS COMBAT (17:15-18:00)	GOFITNESS DANCE PARTY (16:00-16:45)	POWER CARDIO (16:45-17:15)
GOFITNESS DANCE PARTY (16:00-16:45)	GOFITNESS DANCE PARTY (17:30-18:15)	GOFITNESS ABS (17:15-17:30)	GOFITNESS COMBAT (16:00-16:45)	GOFITNESS DANCE PARTY (18:00-18:45)	GOFITNESS ABS (16:45-17:00)	GOFITNESS ZEN YOGA (17:15-18:15)
GOFITNESS MUSCLES (16:45-17:30)	GOFITNESS MUSCLES (18:15-19:00)	GOFITNESS MUSCLES (17:30-18:15)	GOFITNESS FLEX (16:45-17:00)	GOFITNESS ABS (18:45-19:00)	GOFITNESS ATHLETIK (17:00-17:45)	
GOFITNESS ABS (17:30-17:45)	GOFITNESS FLEX (19:00-19:15)	NEWBODY (18:15-19:00)	GOFITNESS ATHLETIK (17:00-17:45)	GOFITNESS FLEX (19:00-19:15)	NEWBODY (17:45-18:30)	GOFITNESS DANCE PARTY (18:15-19:00)
POWER CARDIO (17:45-18:15)	POWER CARDIO (19:15-19:45)	GOFITNESS ATHLETIK (19:00-19:45)	GOFITNESS ABS (17:45-18:00)	NEWBODY (19:15-20:00)	GOFITNESS FLEX (18:30-18:45)	NEWBODY (19:00-19:45)
GOFITNESS FLEX (18:15-18:30)	GOFITNESS ABS (19:45-20:00)	GOFITNESS FLEX (19:45-20:00)	GOFITNESS ZEN YOGA (18:00-19:00)		GOFITNESS ATHLETIK (20:00-20:45)	GOFITNESS MUSCLES (18:45-19:30)
GOFITNESS COMBAT (18:30-19:15)	NEWBODY (20:00-20:45)	GOFITNESS DANCE PARTY (20:00-20:45)		GOFITNESS COMBAT (19:00-19:45)	GOFITNESS FLEX (20:45-21:00)	GOFITNESS ABS (19:30-19:45)
GOFITNESS ABS (19:15-19:30)	GOFITNESS COMBAT (20:45-21:30)	GOFITNESS MUSCLES (20:45-21:30)	GOFITNESS MUSCLES (19:45-20:30)		GOFITNESS ZEN YOGA (21:00-22:00)	
GOFITNESS DANCE PARTY (19:30-20:15)	GOFITNESS FLEX (21:30-21:45)	GOFITNESS ABS (21:30-21:45)		POWER CARDIO (20:30-21:00)		GOFITNESS MUSCLES (22:00-22:45)
GOFITNESS ZEN YOGA (20:15-21:15)	GOFITNESS ZEN YOGA (21:45-22:45)	POWER CARDIO (21:45-22:15)	GOFITNESS ABS (21:00-21:15)			
GOFITNESS ATHLETIK (21:15-22:00)		GOFITNESS ABS (22:15-22:30)	GOFITNESS FLEX (22:30-22:45)	NEWBODY (21:15-22:00)		
NEWBODY (22:00-22:45)			GOFITNESS COMBAT (22:00-22:45)			

LÉGENDE / LEGEND



Cours anglophones/English classes



Cours francophone/French classes

ECONOFITNESS.CA