COURS EN GROUPE AVEC COACH

ZONE EXTRA

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
	LesMills CXWORX 8h00-8h35 Virginie				Gofitness COMBAT 8h10-8h40 Maria-Émilia	
	Gofitness ATHLETIK 8h35-9h05 Johey				LesMills BODYPUMP 8h40-9h40 Maria-Émilia	LesMills BODYPUMP 9h30-10h30 Alicia
Gofitness MUSCLES 10h00-10h45 Sylvie	Gofitness COMBAT 9h05-9h35 Johey	POWER CARDIO 10h00-10h30 Johey	Gofitness ZEN YOGA 9h50-10h50 France		LesMills CXWORX 9h40-10h15 Maria-Émilia	LesMills CXWORX 10h30-11h05 Virginie
Gofitness FLEX 10h45-11h00 Sylvie	LesMills BODYPUMP 9h35-10h35 Magalie	Gofitness ABS 10h30-10h45 Johey		LesMills BODYFLOW 11h00-12h00 Danielle	Gofitness ATHLETIK 10h15-11h00 Sylvie	
Gofitness ZEN YOGA 11h00-12h00 France	LesMills BODYFLOW 10h35-11h35 M-C	Gofitness FLEX 10h45-11h00 Johey			ZUMBA 11h00-12h00 Vyara	
		Gofitness ZEN YOGA 11h00-11h30 Johey				
Gofitness STEP 16h45-17h15 Johanne	Gofitness COMBAT 17h00-17h30 Johanne		LesMills BODYPUMP 16h30-17h30 Audrey			
LesMills BODYPUMP 17h15-18h00 Johanne	Gofitness ABS 17h30-17h45 Sylvie	POWER CARDIO 17h30-18h00 Jessica	POWER CARDIO 17h30-18h00 Audrey			
Gofitness COMBAT 18h00-18h30 Johanne	Gofitness ATHLETIK 17h45-18h30 Sylvie	Gofitness ABS 18h00-18h15 Jessica	Gofitness MUSCLES 18h00-18h30 Audrey			
LesMills BODYFLOW 18h30-19h30 M-C	ZUMBA 18h30-19h30 Johanne	LesMills BODYFLOW 18h30-19h30 M-C				
			LesMills BODYPUMP 19h35-20h35 Élaine			

MISE EN FORME Econofitness EXTRA