

GROUP FITNESS CLASSES WITH LIVE COACH

EXCLUSIVE TO EXTRA MEMBERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					LesMills CORE 8:10-8:45 Maria-Émilie	
ZUMBA 9:00-10:00 Sandra	TOTALFIT 9:00-10:00 Sylvie	ZUMBA 9:00-10:00 Sandra	TOTALFIT 9:00-10:00 Sylvie	ZUMBA 9:00-10:00 Sandra	LesMills BODYCOMBAT 8:45-9:35 Maria-Émilie	
MUSCLES 10:00-11:00 Sylvie		NEWBODY 10:00-10:45 Sandra		NEWBODY 10:00-11:00 Sandra	LesMills BODYPUMP 9:35-10:35 Maria-Émilie	LesMills BODYPUMP 9:00-10:00 Keilly
ZENYOGA 11:00-12:00 France			ZENYOGA 11:00-12:00 France	ZENYOGA 11:00-12:00 France		ZUMBA 10:00-11:00 Kharen
ATHLETIK 17:00-18:00 Kharen	LesMills BODYPUMP 17:00-18:00 Éline	ATHLETIK 17:00-18:00 Sylvie	LesMills BODYPUMP 17:00-18:00 Éline			
LesMills BODYPUMP 18:00-19:00 Éline	ZUMBA 18:00-19:00 Kharen	ENTRAINEMENT COACHÉ 18:00-19:00 Noémie	LesMills BODYCOMBAT 18:00-18:50 Audrey			
LesMills BODYCOMBAT 19:00-20:00 Maria-Émilie	LesMills BODYBALANCE 19:00-19:45 Kharen	LesMills BODYCOMBAT 19:00-19:50 Noémie	LesMills BODYPUMP 18:50-19:50 Keilly			