

# COURS EN GROUPE AVEC COACH

## EXCLUSIF AUX MEMBRES EXTRA

| LUNDI   | MARDI                                      | MERCREDI                                  | JEUDI                                     | VENDREDI                      | SAMEDI  | DIMANCHE                               |
|---|--|---|---|-------------------------------|---|--|
|   |  |   |   |                               | LesMills CORE<br>8:10-8:45 Maria-Émilia       |  |
| ZUMBA<br>9:00-10:00 Sandra                      | TOTALFIT<br>9:00-10:00 Sylvie              | ZUMBA<br>9:00-10:00 Sandra                | TOTALFIT<br>9:00-10:00 Sylvie             | ZUMBA<br>9:00-10:00 Sandra    | LesMills BODYCOMBAT<br>8:45-9:35 Maria-Émilia |  |
| MUSCLES<br>10:00-11:00 Sylvie                   |  | NEWBODY<br>10:00-10:45 Sandra             |   | NEWBODY<br>10:00-11:00 Sandra | LesMills BODYPUMP<br>9:35-10:35 Maria-Émilia  | LesMills BODYPUMP<br>9:00-10:00 Keilly |
| ZENYOGA<br>11:00-12:00 France                   |  |   | ZENYOGA<br>11:00-12:00 France             | ZENYOGA<br>11:00-12:00 France |   | ZUMBA<br>10:00-11:00 Kharen            |
| LesMills CORE<br>16:55-17:30 Magali             |  |   |   |                               |   |  |
| POWER CARDIO<br>17:30-18:00 Magali              | LesMills BODYPUMP<br>17:00-18:00 Éline     | ATHLETIK<br>17:00-18:00 Sylvie            | LesMills BODYPUMP<br>17:00-18:00 Éline    |                               |   |  |
| LesMills BODYPUMP<br>18:00-19:00 Éline          | ZUMBA<br>18:00-19:00 Kharen                | ENTRAINEMENT COACHÉ<br>18:00-19:00 Noémie | LesMills BODYCOMBAT<br>18:00-18:50 Audrey |                               |   |  |
| LesMills BODYCOMBAT<br>19:00-20:00 Maria-Émilia | LesMills BODYBALANCE<br>19:00-19:45 Kharen | LesMills BODYCOMBAT<br>19:00-19:50 Noémie | LesMills BODYPUMP<br>18:50-19:50 Keilly   |                               |   |  |