

GROUP FITNESS CLASSES WITH LIVE COACH

EXCLUSIVE TO EXTRA MEMBERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Gofitness ATHLETIK 9:30-10:15 Laurie-Anne	ZUMBA 10:00-11:00 Nilva	NEWBODY 9:30 - 10:30 Sandra	ZUMBA 10:00-11:00 Nilva			LesMills BODYPUMP 8:30-9:30 Marie
					POWER CARDIO 9:30-10:00 Laura	Gofitness ATHLETIK 9:30-10:15 Laurie-Anne
					LesMills BODYPUMP 10:00-11:00 Laura	LesMills BODYBALANCE 10:15-11:15 Laurie-Anne
LesMills BODYPUMP 12:00-13:00 Asmaa	LesMills BODYCOMBAT 12:00-12:50 Asmaa	POWER CARDIO 12:00-12:30 Marie-Josée	LesMills CORE 12:00-12:50 Sandra	LesMills BODYPUMP 12:00-13:00 Noémie		
		LesMills BODYPUMP 12:30-13:00 Marie-Josée				
POWER CARDIO 17:15-17:45 Laura	LesMills BODYPUMP 17:00-18:00 Karine	LesMills BODYPUMP 17:00-18:00 Karine	ZUMBA 17:00-18:00 Guylène			
Gofitness ABS 17:45-18:00 Laura	LesMills BODYCOMBAT 18:00-19:00 Karine	LesMills CORE 18:00-18:35 Karine	LesMills BODYBALANCE 18:00-18:30 Guylène			
LesMills BODYPUMP 18:00-19:00 Laura		ZUMBA 18:35-19:35 Karine	LesMills BODYCOMBAT 18:30-19:05 Laura			
ZUMBA 19:00-20:00 Dimitra	LesMills BODYBALANCE 19:00-20:00 Karine		LesMills BODYPUMP 19:05-20:05 Laura			