

# GROUP FITNESS CLASSES WITH LIVE COACH

## EXCLUSIVE TO EXTRA MEMBERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>ZUMBA</b> 9:00-10:00 Whitney	<b>LES MILLS BODYPUMP</b> 9:00-10:00 Stéphanie	<b>GoFitness ATHLETIK</b> 9:00-10:00 Anne	<b>GoFitness MUSCLES</b> 9:00-10:00 Stéphanie	<b>ZUMBA</b> 9:00-10:00 Whitney	<b>LesMills BODYPUMP</b> 9:00-10:00 Vanessa	<b>ZUMBA</b> 9:00-10:00 Élise
					<b>ZUMBA</b> 10:00-11:00 Vanessa	<b>LesMills BODYBALANCE</b> 10:00-11:00 Marina
						<b>LesMills BODYPUMP</b> 11:00-12:00 Christine
<b>GoFitness ATHLETIK</b> 12:00-13:00 Anne					<b>LesMills BODYPUMP</b> 12:00-13:00 Stéphanie	
			<b>POWERCARDIO</b> 16:30-17:00 Nathalie			
<b>ZUMBA</b> 17:15-18:15 Marie-Lyne	<b>LesMills BODYBALANCE</b> 17:15-18:15 Élise	<b>ZUMBA</b> 17:15-18:15 Marie-Lyne	<b>LesMills CORE</b> 17:00-17:30 Nathalie	<b>ZUMBA</b> 17:30-18:30 Whitney		
<b>LesMills BODYPUMP</b> 18:15-19:15 Nathalie	<b>ZUMBA</b> 18:15-19:15 Valérie	<b>LesMills BODYPUMP</b> 18:15-19:15 Vanessa	<b>ZUMBA</b> 18:00-19:00 Valérie	<b>LesMills BODYBALANCE</b> 18:30-19:30 Marina		
<b>LesMills BODYBALANCE</b> 19:15-20:15 Nathalie	<b>LesMills BODYPUMP</b> 19:15-20:15 Valérie	<b>LesMills BODYCOMBAT</b> 19:15-20:05 Vanessa	<b>LesMills BODYPUMP</b> 19:00-20:00 Valérie			