

# GROUP FITNESS CLASSES WITH LIVE COACH

## EXCLUSIVE TO EXTRA MEMBERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
						<b>ZUMBA</b> 9:00 - 10:00 Katrina
					LesMills <b>BODYPUMP</b> 9:30 - 10:30 Sophie P.	LesMills <b>BODYPUMP</b> 10:00 - 11:00 Valérie
					LesMills <b>CORE</b> 10:35 - 11:10 Sophie P.	LesMills <b>BODYBALANCE</b> 11:00 - 12:00 Valérie
LesMills <b>BODYPUMP</b> 12:15-13:00 Laurent	LesMills <b>BODYCOMBAT</b> 12:15 - 13:00 Laurent		LesMills <b>BODYCOMBAT</b> 12:00-12:45 Mithridade	LesMills <b>BODYPUMP</b> 12:15-13:15 Laurent	LesMills <b>BODYCOMBAT</b> 11:10 - 12:00 Sophie P.	
					<b>ENTRAINEMENT COACHÉ</b> 12:00 - 13:00 Sophie P.	
<b>GoFitness ATHLETIK</b> 17:15 - 18:15 Sophie B.	LesMills <b>BODYPUMP</b> 17:00 -18:00 Sophie P.	LesMills <b>BODYBALANCE</b> 17:15 - 18:15 Sophie B.	LesMills <b>CORE</b> 17:00-17:30 Richard	<b>ZUMBA</b> 17:00 - 18:00 Katrina	<b>ZUMBA</b> 13:05-14:05 Benjamin	
LesMills <b>BODYPUMP</b> 18:15 -19:00 Sophie B.	LesMills <b>CORE</b> 18:00 -18:35 Sophie P.	LesMills <b>BODYPUMP</b> 18:15 -19:00 Sophie B.	LesMills <b>BODYCOMBAT</b> 17:35 - 18:35 Valérie	LesMills <b>BODYPUMP</b> 18:00-19:00 Richard		
LesMills <b>CORE</b> 19:05 - 19:40 Sophie B	LesMills <b>BODYCOMBAT</b> 18:35 -19:25 Sophie P.	LesMills <b>CORE</b> 19:05 - 19:40 Sophie	LesMills <b>BODYPUMP</b> 18:35- 19:35 Valérie			
<b>ZUMBA</b> 19:40 - 20:40 Valérie Me	<b>ENTRAINEMENT COACHÉ</b> 19:25 - 20:25 Sophie P.	<b>ZUMBA</b> 19:40 - 20:40 Benjamin				
LesMills <b>BODYPUMP</b> 20:40 - 21:40 Laurent		LesMills <b>BODYPUMP</b> 20:40 - 21:40 Benjamin				