

# COURS EN GROUPE AVEC COACH

## EXCLUSIF AUX MEMBRES EXTRA

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
<b>GoFitness ATHLETIK</b> 9:00-9:30 Éloïse	<b>POWER CARDIO</b> 9:00-9:30 Sophie	<b>LesMills BODYPUMP</b> 9:15-10:15 Mithridade	<b>GoFitness MUSCLES</b> 9:15-10:00 Karina	<b>GoFitness ATHLETIK</b> 9:00-9:30 Sophie	<b>ZUMBA</b> 9:00-10:00 Joyçe	<b>LesMills BODYPUMP</b> 9:00-10:00 Mariane
	<b>LesMills CORE</b> 9:30-10:00 Sophie		<b>GoFitness ZEN YOGA</b> 10:00-11:00	<b>LesMills CORE</b> 9:30- 10:00 Sophie	<b>LesMills BODYPUMP</b> 10:00-10:45 Kharen	<b>POWER CARDIO</b> 10:00-10:30 Mariane
	<b>ENTRAINEMENT COACHÉ</b> 10:00-11:00 Sophie			<b>LesMills BODYBALANCE</b> 11:05-10:05 Sophie	<b>LesMills BODYCOMBAT</b> 10:50-11:40 Kharen	<b>LesMills CORE</b> 10:30-11:00 Mariane
					<b>ENTRAINEMENT COACHÉ</b> 11:40-12:40 Kharen	<b>ZUMBA</b> 11:05- 12:05 Geneviève
	<b>LesMills BODYCOMBAT</b> 17:00-18:00 Jennifer	<b>GoFitness ZEN YOGA</b> 17:00-18:00 Selma	<b>LesMills BODYCOMBAT</b> 17:00-18:00 Karine	<b>LesMills BODYPUMP</b> 17:00 -18:00 Karine		
<b>GoFitness ATHLETIK</b> 17:30 - 18:30 Éloïse	<b>LesMills BODYPUMP</b> 18:00-19:00 Jennifer	<b>ZUMBA</b> 18:00 - 19:00 Joyçe	<b>LesMills BODYPUMP</b> 18:00-19:00 Kharen	<b>ZUMBA</b> 18:00 -19:00 Karine		
<b>ZUMBA</b> 18:30 - 19:30 Joyçe	<b>ZUMBA</b> 19:00 - 20:00 Geneviève	<b>POWER CARDIO</b> 19:00-19:30 Marianne	<b>ZUMBA</b> 19:05 - 20:05 Geneviève	<b>LesMills BODYBALANCE</b> 19:00 -20:00 Karine		
<b>LesMills BODYPUMP</b> 19:30-20:30 Luciana		<b>LesMills BODYPUMP</b> 19:30-20:30 Marianne				