

GROUP FITNESS CLASSES WITH LIVE COACH

EXCLUSIVE TO EXTRA MEMBERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ZUMBA 8:30-9:30 Anny-Claude		ENTRAINEMENT COACHÉ 8:30-9:30 Lucie		ZUMBA 8:30-9:30 Anny-Claude		
GoFitness TOTALFIT 9:35-10:35 Lucie	LesMills BODYBALANCE 9:30-10:30 Tommy	GoFitness TOTALFIT 9:35-10:35 Lucie	GoFitness MUSCLES 9:30-10:30 Lucie	LesMills BODYBALANCE 9:30-10:30 Tommy	ZUMBA 9:00-10:00 Christiane	GoFitness ATHLETIK 9:00-10:00 Caroline
					LesMills BODYCOMBAT 10:00-10:50 Caroline	LesMills BODYPUMP 10:00-11:00 Sarah
LesMills BODYPUMP 12:00-13:00 Marie-Michelle	GoFitness ATHLETIK 12:00-12:45 Marie-Michelle	POWER CARDIO 12:00-12:30 Marie-Michelle		LesMills BODYPUMP 12:00-13:00 Marie-Michelle		
		GoFitness ATHLÉTIK 12:30-13:00 Marie-Michelle				
POWER CARDIO 16:30-17:00 Yannick	LesMills BODYPUMP 16:30-17:30 Marie-Michelle	POWER CARDIO 16:30-17:00 Yannick	GoFitness ATHLETIK 16:30-17:30 Marie-Michelle			
LesMills BODYPUMP 17:00-18:00 Yannick	POWER CARDIO 17:30-18:00 Marie-Michelle	LesMills BODYPUMP 17:00-18:00 Yannick	LesMills BODYCOMBAT 17:30-18:30 Caroline			
ZUMBA 18:00-18:45 Christiane	LesMills BODYCOMBAT 18:00-18:45 Caroline	ZUMBA 18:00-19:00 Christiane	LesMills BODYPUMP 18:30-19:30 Sarah			
LesMills BODYBALANCE 18:50-19:50 Mélanie		LesMills BODYPUMP 19:00-19:50 Marjolaine				