



CONDITIONNEMENT EN GROUPE / GROUP FITNESS

January 6th – April 4th 2020 / 6 janvier au 4 avril 2020

DIMANCHE / SUNDAY	LUNDI / MONDAY		MARDI / TUESDAY	MERCREDI / WEDNESDAY	JEUDI / THURSDAY	VENREDI / FRIDAY	SAMEDI / SATURDAY
11:30-12:30 Zumba Feddy Multi-Sports						7:00-8:00 HIIT Caroline Multi-Sports	10:00-11:00 Zumba Justine Multi-Sports
15:00-16:00 Yoga Fitness Dobrila Multi-Sports				11:45-12:45 Strong by Zumba Leslie MNT Gym 3	12:00-13:00 Zumba Leslie Lees Gym D		11:15-12:05 Zumba Valérie Multi-Sports
16:15-17:15 Yoga Fitness Dobrila Multi-Sports	16:00-17:00 Strong by Zumba Leslie Multi-Sports		12:10-12:50 Aqua Fit Alena MNT Pool (D)	16:00-17:00 Zumba Justine Multi-Sports			
17:30-18:30 Aqua Fit Alex MNT Pool	18:00-19:00 Yoga Caroline 90U	17:15-18:00 Pound Valérie MNT Studio	17:30-18:15 Piloxing Catherine MNT Studio	17:30-18:15 Djamboola Amirath MNT Studio	17:30-18:15 Piloxing Catherine MNT Studio	12:10-12:50 Aqua Fit Alena MNT Pool (D)	
	18:00-19:00 Aqua Fit Alex MNT Pool			18:45-19:45 Yoga Fitness Dobrila Multi-Sports	17:30-18:30 Yoga Fitness Valérie Multi-Sports	17:30-18:30 Zumba Justine 90U	16:00-17:00 Zumba Leslie Multi-Sports
	18:45-19:45 Tae Cardio Simone Multi-Sports			19:30-20:30 Aqua Fit Hannah MNT Pool (S)			

*** EMPLOYÉS SEULEMENT / EMPLOYEES ONLY***

LUNDI / MONDAY	MARDI / TUESDAY	MERCREDI / WEDNESDAY	JEUDI / THURSDAY	VENREDI / FRIDAY
12:10-12:50 Zumba Justine MNT Studio	12:10-12:50 STEP Rebecca MNT Studio	12:10-12:50 Cardio sweat Rebecca MNT Studio	12:10-12:50 Tae Cardio Mitch MNT Studio	12:10-12:50 TBD MNT Studio



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