



CONDITIONNEMENT EN GROUPE / GROUP FITNESS

September 9th – December 4th 2019 / 9 septembre au 4 décembre 2019

DIMANCHE / SUNDAY 1	LUNDI / MONDAY 2	MARDI / TUESDAY 3	MERCREDI / WEDNESDAY 4	See schedule for / Voir l'horaire pour JEUDI / THURSDAY 5, VENDREDI / FRIDAY 6, SAMEDI / SATURDAY 7		
<u>11:30-12:30</u> Zumba Step Justine Multi-Sports					<u>7:00-8:00</u> HIIT Caroline Multi-Sports	<u>10:00-11:00</u> Zumba Justine Multi-Sports
<u>15:00-16:00</u> Yoga Fitness Dobrila Multi-Sports	<u>11:45-12:45</u> Zumba Valerie MNT Gym 3	<u>12:00-13:00</u> Yoga Fitness Valerie Lees Gym D	<u>12:00-12:50</u> HIIT Caroline Multi-Sports	<u>11:45-12:45</u> Strong by Zumba Leslie St. MNT Gym 3		<u>11:15-12:15</u> Zumba Justine Multi-Sports
<u>16:15-17:15</u> Yoga Fitness Dobrila Multi-Sports	<u>16:00-17:00</u> Strong by Zumba Leslie Multi-Sports	<u>12:10-12:50</u> Aqua Fit Alena MNT Pool (D)	<u>16:00-17:00</u> Zumba Justine Multi-Sports		<u>12:00-13:00</u> Yoga Fitness Caroline Multi-Sports	
	<u>17:30-18:30</u> Yoga Fitness Audrey 90U	<u>17:30-18:15</u> Bootcamp Caroline MNT Studio		<u>17:30-18:15</u> Piloxing Catherine Z. MNT Studio	<u>12:10-12:50</u> Aqua Fit Alena MNT Pool (D)	
	<u>18:00-19:00</u> Aqua Fit Alex MNT Pool		<u>18:45-19:45</u> Yoga Fitness Dobrila Multi-Sports	<u>17:30-18:30</u> Yoga Fitness Lisa Multi-Sports	<u>16:00-17:00</u> Zumba Leslie St. Multi-Sports	
	<u>18:45-19:45</u> Tae Cardio Simone Multi-sports		<u>19:30-20:30</u> Aqua Fit Hannah MNT Pool (S)			

*** EMPLOYÉS SEULEMENT / EMPLOYEES ONLY***

LUNDI / MONDAY	MARDI / TUESDAY	MERCREDI / WEDNESDAY	JEUDI / THURSDAY	VENDREDI / FRIDAY
<u>12:10-12:50</u> Bootcamp Caroline MNT Studio	<u>12:10-12:50</u> STEP Rebecca MNT Studio	<u>12:10-12:50</u> Pound Valerie MNT Studio	<u>12:10-12:50</u> Cardio Sweat Rebecca MNT Studio	<u>12:10-12:50</u> EIO Erika MNT Studio



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