



Horaire du 14 février au 31 mai 2022

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
Avant-midi	Group power Mario 9h00	Zumba Marie-Hélène 8h45	Pound Mario 9h00	Zumba Marie-Hélène 8h45		Cross-training Giulia 8h00	Group Fight Marie-Hélène 9h00
	Centergy Mario 10h00	Centergy Marie-Hélène 9h55	Group Fight Mario 10h00	Centergy Marie-Hélène 9h55	Cardio Tonus Marie-Hélène 9h00	Group Pwer Hélène 9h00	Zumba Marie-Hélène 10h05
		Cardio Tonus Marie-Hélène 11h05		TRX Marie-Hélène 11h05	Core fessier fitness Kathie 10h00	Zumba Helene 10h05	Centergy Marie-Hélène 11h10
Midi			Cross-training Giulia 12h00		Yoga souple Kathie 11h00		
Soir	Cross-training Stéphanie 16h00	Cross-training Stephanie 17h00	Cross-training Stephanie 16h		Zumba Jessica 12h05		
	Group power Pascale Blais 17h30	Ent. Boxe Thomas 17:30	Group power Helene 17h30	Cross-Training Stephanie 17h00			
		Zumba Jessica 18h30	Group Fight Helene 18h30	Group Fight Marie-Helene 17h30			
	Core fessier fitness Kathie 18h30		Centergy Marie-Helene 19h35	Centergy Marie-Hélène 18h35			
	Yoga souple Kathie 19h35						