



## GROUP FITNESS CLASSES

Start planning your next workout and view upcoming group fitness lessons from pilates to yoga, from strength to stretching, from cardio boxing to sweat boxing

### COURS DE FITNESS COLLECTIFS

Planifiez votre prochain entraînement et consultez notre programme de cours collectifs. Pilates, yoga, renforcement musculaire, étirements ou cardio, cardio boxing et sweat boxing

MONDAY Lundi	TUESDAY Mardi	WEDNESDAY Mercredi	THURSDAY Jeudi	FRIDAY Vendredi	SATURDAY Samedi	SUNDAY Dimanche
DAY CLASSES						
11:30-12:00	11:30-12:00	11:45-12:45	11:30-12:00	12:00-12:45	10:30-11:15	10:30-11:15
BOOTY WORKOUT Fessier	ABS FESSIER & CUISSSES	PILATES Fusion	CIRCUIT SILHOUETTE Cardio & Sculpt	BOOTY WORKOUT Fessier	CIRCUIT SILHOUETTE Cardio & Sculpt	ABS & TONE SCULPT
12:00-12:30	12:00-12:30		12:00-12:30		11:15-11:45	11:15-11:45
STRETCHING & BREATHING	STRETCHING & BREATHING		STRETCHING & BREATHING		STRETCHING & BREATHING	STRETCHING & BREATHING
EVENING CLASSES						
18:00-19:00	18:00-19:00	18:00-18:45	18:30-20:00	18:00-19:00		
PILATES Level 1	SWEAT BOXING	CIRCUIT TRAINING	SWEAT BOXING	PILATES Fusion		
19:00-20:00	19:00-20:00	18:45-19:15	20:00-20:30	19:15-20:00		
PILATES Level 2	YOGA FLOW	STRETCHING & BREATHING	ABS FESSIER & CUISSSES	YOGA RESTAURATIF		

#### Group classes and private coaching only by reservation

Cours collectifs et coaching privé seulement sur réservation

#### Refundable only if cancelled 24 hours in advance

Remboursables uniquement en cas d'annulation 24 h à l'avance

#### OSTEOPATHY ASSESMENT

Upon request

#### BILAN EN OSTÉOPATHIE

Sur demande

#### PROTEIN SUPPLEMENTS

Available at Le C Club Fitness

#### SUPPLÉMENTS PROTÉINÉS

Disponible au C Club Fitness