



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						
12:15-13:15	12:15-12:45	12:15-13:00	12:15-13:15	12:15-12:45	11:00-12:00	11:00-11:30
CARDIO DANSE	ABS FESSIER & CUISSES	PILATES Fusion	Yoga Mind & Body	BOOTY WORKOUT Fessier	Yoga Mind & Body	ABS & TONE
	12:45-13:15			12:45-13:15		11:30-12:00
	STRETCHING & BREATHING			STRETCHING & BREATHING		STRETCHING & BREATHING
EVENING CLASSES						
18:15-19:00	18:15-19:15	18:15-19:15	18:15-19:45	18:15-19:00		
PILATES Fusion	SWEAT BOXING	CARDIO DANSE	SWEAT BOXING	PILATES Fusion		
19:00-19:30	19:15-20:15			19:00-19:45		
STRETCHING & BREATHING	YOGA FLOW			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

PROTEIN SUPPLEMENTS

Available at Le C Club Fitness

SUPPLÉMENTS PROTÉINÉS

Disponible au C Club Fitness