



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						
12:15-13:00	12:15-12:45	12:15-13:00	12:15-13:15	12:15-12:45	08:00-8:45	08:00-8:45
CIRCUIT TRAINING	ABS FESSIER & CUISSSES	PILATES Fusion	PILATES Matwork	BOOTY WORKOUT Fessier	PILATES Matwork CBC	Yoga Mind & Body CBC
	12:45-13:15			12:45-13:15		
	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		11:00-11:30
PILATES Fusion	SWEAT BOXING	CIRCUIT TRAINING	SWEAT BOXING	PILATES Fusion		ABS & TONE
19:00-19:30	19:15-20:15	19:30 -20:30		19:00-19:45		11:30-12:00
STRETCHING & BREATHING	YOGA FLOW	CARDIO DANSE		YOGA RESTAURATIF		STRETCHING & BREATHING

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