



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	12:15-12:45	12:15-12:45
YIN YOGA	ABS, LEGS & GLUTES	PILATES FUSION	YOGA MIND & BODY	BOOTY WORKOUT Fessier	BODY FUSION outside/Pier	PILATES or YOGA outside/Pier
	12:45-13:15			12:45-13:15		
	STRETCHING & BREATHING			STRETCHING & BREATHING		
EVENING CLASSES						
18:15-19:00	18:15-19:15	18:15-19:00	18:15-19:45	18:15-19:15		
PILATES Fusion	SWEAT BOXING	CIRCUIT TRAINING	SWEAT BOXING	PILATES Fusion		
19:00-19:30	19:15-20:15	19:00-20:00		19:15-20:15		
STRETCHING & BREATHING	YOGA FLOW	PILATES REFORMER Initiation (only with booking)		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