



# CONDITIONNEMENT EN GROUPE / GROUP FITNESS

September 3<sup>rd</sup> – September 8<sup>th</sup> 2019 / 3 septembre au 8 septembre 2019

DIMANCHE / SUNDAY	LUNDI / MONDAY	MARDI / TUESDAY	MERCREDI / WEDNESDAY	JEUDI / THURSDAY	VENREDI / FRIDAY	SAMEDI / SATURDAY
<u>11:30-12:30</u> Zumba Step Justine Multi-Sports						<u>10:00-11:00</u> Zumba Justine Multi-Sports
<u>15:00-16:00</u> Yoga Fitness Dobrila Multi-Sports		<u>12:00-13:00</u> Yoga Fitness Valerie Lees Gym D	<u>11:45-12:45</u> Strong by Zumba Leslie St. MNT Gym 3		<u>11:45-12:45</u> Zumba Jasmine MNT Gym 3	<u>11:15-12:15</u> Zumba Justine Multi-Sports
<u>16:15-17:15</u> Yoga Fitness Dobrila Multi-Sports		<u>12:10-12:50</u> Aqua Fit Alena MNT Pool (D)	<u>16:00-17:00</u> Zumba Celina Multi-Sports		<u>12:00-13:00</u>	
<u>17:30-18:30</u> Aqua Fit Alena MNT Pool		<u>17:30-18:15</u> Djamboola Amirath MNT Studio	<u>17:30-18:15</u> Djamboola Amirath MNT Studio		<u>12:10-12:50</u> Aqua Fit Alena MNT Pool (D)	
			<u>18:45-19:45</u> Yoga Fitness Dobrila Multi-Sports	<u>17:30-18:30</u> Yoga Fitness Lisa Multi-Sports	<u>16:00-17:00</u> Zumba Leslie St. Multi-Sports	
			<u>19:30-20:30</u> Aqua Zumba Celina MNT Pool (S)			

\*\*\* EMPLOYÉS SEULEMENT / EMPLOYEES ONLY\*\*\*

LUNDI / MONDAY	MARDI / TUESDAY	MERCREDI / WEDNESDAY	JEUDI / THURSDAY	VENREDI / FRIDAY
<u>12:10-12:50</u> Bootcamp Caroline MNT Studio	<u>12:10-12:50</u> Zumba Celina MNT Studio	<u>12:10-12:50</u> Pound Valerie MNT Studio	<u>12:10-12:50</u> Cardio Sweat Rebecca MNT Studio	<u>12:10-12:50</u> EIO Erika MNT Studio



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