



CONDITIONNEMENT EN GROUPE / GROUP FITNESS

RUGBY WEEK October 28th – November 3rd 2019 / **SEMAINE du RUGBY** 28 octobre au 3 novembre 2019

LUNDI / MONDAY 28	MARDI / TUESDAY 29	MERCREDI / WEDNESDAY 30	JEUDI / THURSDAY 31	VENDREDI / FRIDAY 1	SAMEDI / SATURDAY 2	DIMANCHE / SUNDAY 3
<u>11:45-12:45</u> Zumba Valerie MNT Gym 3	<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>12:00-13:00</u> Zumba Leslie St, Lees Gym D	<u>11:45-12:45</u> Zumba Valerie MNT Gym 3	<u>10:00-11:00</u> Zumba Justine MNT Studio	<u>11:30-12:30</u> Zumba Step Justine MNT Studio
	<u>12:10-12:50</u> Aqua Fit Alena MNT Pool (D)			<u>12:10-12:50</u> Aqua Fit Alena MNT Pool (D)	<u>11:15-12:15</u> Zumba Justine MNT Studio	
<u>17:30-18:30</u> Yoga Fitness Audrey 90U	<u>17:30-18:15</u> Djamboola Amirath MNT Studio	<u>17:30-18:15</u> Djamboola Amirath MNT Studio	<u>17:30-18:15</u> Piloxing Catherine Z. MNT Studio	<u>17:30-18:30</u> Zumba Justine 90U		<u>17:30-18:30</u> Aqua Fit Alena MNT Pool
<u>18:00-19:00</u> Aqua Fit Alena MNT Pool						
		<u>19:30-20:30</u> Aqua Fit Hannah MNT Pool (S)				

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

LUNDI / MONDAY	MARDI / TUESDAY	MERCREDI / WEDNESDAY	JEUDI / THURSDAY	VENDREDI / FRIDAY
<u>12:10-12:50</u> Bootcamp Caroline MNT Studio	<u>12:10-12:50</u> STEP Rebecca 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



WWW.GEEGEES.CA



GEE-GEES REC