

Centre Fusion

Horaire de cours du 31 aout au 20 septembre 2020

LUNDI			MARDI			MERCREDI			JEUDI			VENDREDI			SAMEDI		
STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3	STUDIO 1	STUDIO 2	STUDIO 3
	7:15 - 8:15						7:15 - 8:15									9:00 - 10:00	9:15 - 10:15
	Total Workout						Total Workout									Total Workout	Spinning
	Francois						Francois									Vanessa	Audrey
	9:00 - 10:00	8:45 - 9:45	9:15 - 10:15	9:00 - 10:00	8:45 - 9:45	9:15 - 10:15	9:00 - 10:00		9:30 - 10:30	9:00 - 10:00	9:30 - 10:30					10:30 - 11:30	
	Body Design	Spinning	Essentrics	Core	Spinning	Barre Fitness	Body Design		Rythme Mix \$\$\$	Core	Spinning					Zumba	
	Audrey	Francois	Lynda	Barbara	Isabelle	Lynda	Audrey		Lynda	Vanessa	Jacques					Pierre	
10:45 - 11:45	10:30 - 11:30		10:45 - 11:45	10:30 - 11:30		10:45 - 11:45	10:30 - 11:30					10:45 - 11:45					
Essentrics	Zumba		Stretching & Mobilité	Gym Douce		Essentrics	Zumba					Essentrics Débutant					
Lynda	Audrey		Vanessa	Masha		Lynda	Audrey					Christine					
	13:15 - 14:15																
	Tonus & Souplesse 65 ans +																
	Masha																
	16:15 - 17:15			16:15 - 17:15													
	C.A.F.			Body Sculpt													
	Masha			Barbara													
17:45 - 18:45	17:30 - 18:30	17:00 - 18:00		17:30 - 18:30			17:30 - 18:30			17:30 - 18:30							
Yoga Vinyasa Flow	Zumba	Spinning		Body Sculpt			Total Workout			C.A.F (cuisses-abdos-fesses)							
Geneviève	Sylvie	Tushar		Barbara			Masha			Vanessa							
	18:45 - 19:45																
	Total Workout																
	Vanessa																

DIMANCHE