

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
<b>Zumba Gold</b> MATHA 09:00		<b>Zumba Gold</b> MATHA 09:00		<b>ABDA - Zumba</b> ST-PAUL 09:00	
<b>ABDA - Muscu</b> ST-PAUL 09:00	<b>ABDA - Zumba</b> ST-PAUL 09:30	<b>Circuit Élysé</b> NDP 09:00	<b>ABDA - Muscu</b> CRABTREE 09:30	<b>Zumba</b> NDP 09:30	
<b>Cardio muscu</b> ST-THOMAS 09:00		<b>Yoga</b> ST-THOMAS 09:30	<b>Pilates</b> SCB 10:30		
<b>Plein Air</b> STE-MÉLANIE 9:00		<b>ABDA - Muscu</b> Ste-MARIE-SALOMÉE 9:45			
<b>Stretching</b> NDP 9:00		<b>Cardio Poussette</b> NDP 10:00			
<b>Marche Active</b> NDP 10:30	<b>Cardio Muscu</b> CHEZ HARNOIS 16:15				
<b>StretchYoga</b> SCB 10:30	<b>Cardio Muscu</b> CHEZ HARNOIS 17:15	<b>Yoga</b> CHEZ HARNOIS 17:15			
<b>Yoga</b> CHEZ HARNOIS 12:00	<b>Accro Yoga</b> ST-THOMAS 17:45	<b>Danse Africaine</b> SCB 18:15			
<b>Yoga Fit</b> ST-ALPHONSE 13:00	<b>MultiCardio</b> ST-THOMAS 18:30	<b>Plein Air</b> STE-MÉLANIE 18:00	<b>Zumba</b> ST-ALPHONSE 19:15		
<b>Pound parasco</b> ST-THOMAS 15:30	<b>Zumba</b> NDP 18:30	<b>Pilates</b> ST-SULPICE 19:30	<b>Cardio Boxe</b> SCB 19:30		
<b>Yoga parasco</b> ST-ALPHONSE 15:30	<b>Yoga</b> ST-THOMAS 19:00	<b>Pound</b> STE-BÉATRIX 19:30			
<b>Pound</b> ST-AMBROISE 18:00	<b>Workout (intro)</b> ST-AMBROISE 19:00	<b>Pound</b> ST-BART 19:45	<b>Zumba</b> ST-THOMAS 20:00		
<b>Aérobic</b> ST-BART 18:00					

St-Jean-de-Matha ←  
St-Barthélemy ←  
St-Paul ←

Ste-Mélanie ←  
St-Charles-Borromée ←  
St-Thomas ←  
St-Sulpice ←  
Ste-Béatrix ←

Crabtree ←  
St-Ambroise-de-Kildare ←  
St-Alphonse-Rodriguez ←  
Notre-Dame-des-Prairies ←  
Sainte-Marie-Salomée ←

Cours Corporatif :  
Directement au Harnois