







AEROBIC SCHEDULE
HORAIRE DES COURS D'AÉROBIE

www.latitudefitness.com

Tel: 514-624-5288

LUNDI MONDAY	MARDI TUESDAY	MERCREDI WEDNESDAY	JEUDI THURSDAY	VENDREDI FRIDAY	SAMEDI SATURDAY	DIMANCHE SUNDAY
Fall Schedule Horaire D' Automne			OPENING HOURS / HEURES D'OUVERTURE		MON-FRI/LUN-VEN: 5:00 - 24:00 SAT/SAM: 7:00-22:00 SUN/DIM: 7:00-21:00	
BEACH BODY BLAST 9:00-10:15 Sonia	PILATES 9:00 - 10:00 Sherry	STEP SCULPT 9:30-10:30 Michelle	 9:00-10:00 Alexandra	BODY DESIGN 9:00-10:00 Sherry	CARDIO KICKBOXING 10:00- 11:00 John	CARDIO SALSA PARTY 9:30-10:30 Martin
YOGA 10:30-11:30 Sharan						YOGA 10:30-11:30 Sharan
DREAM TEAM/EQUIPE DE REVE HEAD COACH: TOM MOTZER, SONIA, VICKY						
	 17:30-18:30 Karin					
PSYCHO 1000 CALORIE BURN 18:00-19:00 Michelle	YOGA & YOUR ENERGY 18:30-19:30 Andrea	SAM'S BOOTCAMP 18:00-19:00 SAM	BODY SCULPT 18:00-19:00 Vicky	CARDIO SALSA DANCE PARTY 18:00-19:00 Martin		
 19:30-20:30 Roberta		 19:00-20:00 Roberta				