

HORAIRE D'AUTOMNE 2010

SCHEDULE FALL 2010



Strength in Motion • Restez fort et Actif

Lundi Monday	Mardi Tuesday	Mercredi Wednesday	Jeudi Thursday	Vendredi Friday	Samedi Saturday	Dimanche Sunday
Spinning VERONIQUE 6h00-7h00	Boot Camp SANDRA 5h45-6h45	Spinning VERONIQUE 6h00-7h00	Boot Camp SANDRA 5h45-6h45	Hatha flow yoga LAURA 8h00-9h00	Spin and core SANDRA 6h30-8h00	
"No sweat" strength LIZA 12H00-12H45			"No sweat" strength LIZA 12H00-12H45		Spin and core VERONIQUE 10h30-12h00	
Spinning Instructor TBD 18h30-19h30 Hatha flow yoga LAURA 19h45-21h00	Strength ball circuit RICH 18h30-19h30	Spin and core VERONIQUE 17h30-19h00 "Hard Core" SANDRA 19h00-20h00 Spin and core SANDRA 20h00-21h30	Strength ball circuit RICH/LIZA 18h30-19h30	Spin and core VERONIQUE 18H30-20h00		

3 chemin Versant sud (au coin du Scott et Versant sud)

Chelsea Quebec

819-827-6339

www.a-step-up.com

