

# WEEKLY SCHEDULE

## Summer 2024

TANIA PARIS ///

Time	Mon	Tue	Wed	Thu	Sat
7:00		BOOTCAMP		BOOTCAMP	
8:00					
9:00					
10:00	FITMOM		FITMOM		BODYFIT L1
11:00					SOKASWEAT
12:00					
18:00		SOKASWEAT	BODYFIT L1		
19:00		MOBILITY	SOKASWEAT		
20:00			LUNA		

### Location Legend:

CHATEAUGUAY

WEST ISLAND

LASALLE