



MATIN



MI-JOURNÉE



SOIR



	LUNDI, 30/11/2020	MARDI, 01/12/2020	MERCREDI, 02/12/2020	JEUDI, 03/12/2020	VENDREDI, 04/12/2020	SAMEDI, 05/12/2020	DIMANCHE, 06/12/2020
MATIN	<p>Belly, Butt & Thighs Bootcamp *VIRTUAL - VP*</p> <p>9:30 - 30m Instructor of the Day *</p> <p>TOUGH20 *VIRTUAL - VP*</p> <p>10:00 - 30m Instructor of the Day *</p>	<p>Strong Nation *VIRTUAL - VP*</p> <p>11:00 - 60m Instructor of the Day *</p>	<p>IGNITE20 *VIRTUAL - VP*</p> <p>9:30 - 30m Instructor of the Day *</p> <p>AB Attack *VIRTUAL - VP*</p> <p>10:00 - 30m Instructor of the Day *</p>	<p>Badass Bodyweight Bootcamp *VIRTUAL - VP*</p> <p>11:00 - 45m Instructor of the Day *</p>	<p>Cardio Tai Box *VIRTUAL - VP*</p> <p>9:30 - 30m Instructor of the Day *</p> <p>Top It Off *VIRTUAL - VP*</p> <p>10:00 - 30m Instructor of the Day *</p>	<p>ZUMBA® *VIRTUAL - VP*</p> <p>10:00 - 60m Instructor of the Day *</p> <p>Hatha Flow *VIRTUAL - VP*</p> <p>11:00 - 60m Instructor of the Day *</p>	<p>ZUMBA® *VIRTUAL - VP*</p> <p>10:00 - 60m Instructor of the Day *</p>
MI-JOURNÉE	<p>It's a Wrap *VIRTUAL - VP*</p> <p>12:00 - 30m Instructor of the Day *</p>		<p>Booty Bandz *VIRTUAL - VP*</p> <p>12:00 - 30m Instructor of the Day *</p>				
SOIR	<p>Arm-agendon *VIRTUAL - VP*</p> <p>17:30 - 30m Instructor of the Day *</p> <p>AB Attack *VIRTUAL - VP*</p> <p>18:00 - 30m Instructor of the Day *</p>	<p>Cardio Tai Box *VIRTUAL - VP*</p> <p>17:30 - 30m Instructor of the Day *</p> <p>Rock the Roll *VIRTUAL - VP*</p> <p>18:00 - 30m Instructor of the Day *</p>	<p>ZUMBA® *VIRTUAL - VP*</p> <p>17:30 - 60m Instructor of the Day *</p>	<p>CHISEL *VIRTUAL - VP*</p> <p>17:30 - 30m Instructor of the Day *</p> <p>Absolution *VIRTUAL - VP*</p> <p>18:00 - 30m Instructor of the Day *</p>	<p>ZUMBA® *VIRTUAL - VP*</p> <p>17:30 - 60m Instructor of the Day *</p>		



DESCRIPTION DES COURS BOISBRIAND

Visite [crunch.com](https://www.crunch.com) pour les horaires en lignes et pour recevoir plus d'information sur nos gyms. Cet horaire est susceptible de changer

2527, rue d'Annemasse | 450.818.8877

Lun - Ven: 5:00 - 23:00 Sam - Dim: 7:00 - 20:00

AB Attack *VIRTUAL: **LIVE on our Crunch Canada Facebook Page [@scheduled class times](https://www.facebook.com/CrunchFitnessCanada). A strength-toning class that focuses on sculpting and tightening your mid-section and lower back.}

Absolution *VIRTUAL: **LIVE on our Crunch Canada Facebook Page [@scheduled class times](https://www.facebook.com/CrunchFitnessCanada). The perfect core strengthening solution: concentrated ab-centric floorwork paired with deep restorative stretching.}

Arm-agendon *VIRTUAL: **LIVE on our Crunch Canada Facebook Page [@scheduled class times](https://www.facebook.com/CrunchFitnessCanada).}

Badass Bodyweight Bootcamp *VIRTUAL: **LIVE on our Crunch Canada Facebook Page [@scheduled class times](https://www.facebook.com/CrunchFitnessCanada). Train like a badass with this no equipment full body strength training and cardio conditioning interval workout. Work your way through different heart pumping exercises followed by brief rest periods that will leave you feeling like a beast in no time!}

Belly, Butt & Thighs Bootcamp *VIRTUAL: **LIVE on our Crunch Canada Facebook Page [@scheduled class times](https://www.facebook.com/CrunchFitnessCanada). Focus on your lower half in this belly-busting, booty shaping, two-part intensive class that features a series of exercise combinations that target, you guessed it - your belly, butt, and thighs.}

Booty Bandz *VIRTUAL: **LIVE on our Crunch Canada Facebook Page [@scheduled class times](https://www.facebook.com/CrunchFitnessCanada). Focus on the booty burn in this lower body workout. Utilizing bands and bodyweight exercises you will sculpt your booty, torch calories, and deliver results. Sound the alarm that booty is on FIRE!}

CHISEL *VIRTUAL: **LIVE on our Crunch Canada Facebook Page [@scheduled class times](https://www.facebook.com/CrunchFitnessCanada). Use weights and calisthenics to sculpt and shape muscles.}

Cardio Tai Box *VIRTUAL: **LIVE on our Crunch Canada Facebook Page [@scheduled class times](https://www.facebook.com/CrunchFitnessCanada). A high energy, high impact blend of kicks and punches set to upbeat music. The perfect combination of martial arts, boxing and cardiovascular training.}

Hatha Flow *VIRTUAL: **LIVE on our Crunch Canada Facebook Page [@scheduled class times](https://www.facebook.com/CrunchFitnessCanada). Yoga that integrates posture, breathing exercises, relaxation and meditation to harmonize you on every level - body, mind and spirit. A delicious, mindful and moving class. All levels welcome.}

IGNITE20 *VIRTUAL: **LIVE on our Crunch Canada Facebook page [@scheduled class times](https://www.facebook.com/CrunchFitnessCanada). Torch calories in this high intensity Tabata based cardio class designed to ignite the fire within. A unique combination of body weight exercises and specially designed burnout rounds ignite the fire in this workout. Sound the alarm and burn through 6 rounds of work with each round lighting a bigger fire through increased workload and intensity.}

It's a Wrap *VIRTUAL: **LIVE on our Crunch Canada Facebook Page [@scheduled class times](https://www.facebook.com/CrunchFitnessCanada). Step outside of your comfort zone taking yoga to another level using silks on this 30 minute journey designed to incorporate all your senses while building strength, stability, and flexibility.}

Rock the Roll *VIRTUAL: **LIVE on our Crunch Canada Facebook Page [@scheduled class times](https://www.facebook.com/CrunchFitnessCanada). Get ready to rock out your muscles and then roll them out for relief in this unique barefoot training workout that combines total body toning with restorative stretches utilizing a roller. Rock out your workout with a segment of hard core sculpting and then roll your way to relaxation.}

Strong Nation *VIRTUAL: **Please see our social media platforms for class links. STRONG Nation combines high intensity interval training (HIIT) with the science of Synced Music Motivation. In every class, music and moves sync in a way that will push you past your perceived limits, to reach your most ambitious fitness goals faster. The music in STRONG Nation was crafted to drive the intensity of the class in a challenging progression that provides a total body workout. The result? A group fitness experience like no other. Get fitter. Get faster. Get stronger.}

TOUGH20 *VIRTUAL: **LIVE on our Crunch Canada Facebook Page [@scheduled class times](https://www.facebook.com/CrunchFitnessCanada). Tough20 will chisel your core with just 20 moves. This all bodyweight core focused class will produce 6 pack ready results in no time. Start at 20 and count your way down to a tight and toned mid-section.}

Top It Off *VIRTUAL: **LIVE on our Crunch Canada Facebook Page [@scheduled class times](https://www.facebook.com/CrunchFitnessCanada). Shape and sculpt every muscle in your upper body in this two-part, heart-pumping workout. Using weights and isometric exercises, you'll work through a series of sweat inducing exercises to tone and chisel your arms, shoulders, chest, and back.}

ZUMBA® *VIRTUAL: **Please see our social media platforms for class links. Fuse hypnotic Latin rhythms and easy-to-follow moves to create a high energy, calorie blasting, total body dance based workout designed to tone your body from head to toe.}