






# ENTRAINEMENT HAUTE INTENSITÉ PAR INTERVALLES BOISBRIAND

Date du 30/11/2020  
\*VP / Virtual

	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 						<b>CouchHIIT *VIRTUAL - VP*</b> 9:00 - 45m Instructor of the Day *	<b>Kickass HIIT *VIRTUAL - VP*</b> 9:00 - 45m Instructor of the Day *
MI-JOURNÉE 							
SOIR 							



# DESCRIPTION DES COURS BOISBRIAND

Visite [crunch.com](http://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

**CouchHIIT \*VIRTUAL:** \*\*LIVE on our Crunch Canada Facebook Page @scheduled class times. Say goodbye to those couch potato days and get up off of that thang! Work your way through 45 minutes of innovative exercises that will target your legs, abs, and cardiovascular endurance with nothing but a couch or chair.}

**Kickass HIIT \*VIRTUAL:** \*\*LIVE on our Crunch Canada Facebook Page @ scheduled class times. HIIT it all with this 45-minute full body high intensity interval workout. Alternate between weighted sets, core, and body weight cardio drills with brief rest periods designed to torch calories. You will leave this workout feeling accomplished and super sweaty!}