

PLANNING

A partir du 20 Mars 2023



FITNESS / STUDIO / RPM

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
	7h30  CROSS TRAINING		7h30  CROSS TRAINING		9h30 LES MILLS BODYPUMP
9h30  ABDOS FESSIERS	9h30  NATURAL FLOW	9h30 LES MILLS RPM	9h30 LES MILLS BODYPUMP	9h30  BODY STRONG	10h00  CROSS TRAINING
10h15  STRETCHING	10h30 LES MILLS RPM	10h15  BODY STRONG	10h30  YOGA	10h15  ABDOS FESSIERS	10h30 LES MILLS RPM
12h30  CROSS TRAINING		12h30  CROSS TRAINING		12h30  BOXING	
12h30  ABDOS FESSIERS	12h30 LES MILLS BODYCOMBAT	12h30  PILATES	12h30 LES MILLS RPM	12h30 LES MILLS BODYPUMP	
17h30  CROSS TRAINING	17h00 Ado  BOXING KID	16h30 Ado  CROSS TRAINING	18h00 LES MILLS BODYCOMBAT	18h00 LES MILLS BODYATTACK	
18h15  NATURAL FLOW	18h15  BOXING	17h30  ABDOS FESSIERS	18h15  CROSS TRAINING	18h15  BOXING	
18h30 LES MILLS RPM	18h15 LES MILLS BODYPUMP	18h15  CROSS TRAINING	18h45  STEP	18h45 LES MILLS BODYPUMP	
18h30  CROSS TRAINING	19h15  ZUMBA	18h15 LES MILLS BODYATTACK	19h00 LES MILLS RPM		
19h00 LES MILLS BODYCOMBAT	19h15 LES MILLS RPM	19h00 LES MILLS BODYJAM			

Retrouvez ces cours dans la

SALLE STUDIO

SALLE RPM

HORAIRE OUVERTURE

du lundi au vendredi 6h - 21h
samedi / dimanche 8h - 17h