

PLANNING - SAINT-RAPHAEL

À partir du 8 janvier 2024

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
	8h00 NEW E.P.H.I.T				9h00 YOGA
9h30 LesMILLS BODYPUMP	9h30 LesMILLS BODYBALANCE	9h30 LesMILLS RPM 45mn	9h30 LesMILLS BODYPUMP	9h30 LesMILLS RPM 45mn	10h00 LesMILLS BODYPUMP
10h30 LesMILLS BODYBALANCE	10h30 ABDOS FESSIERS	10h30 STRETCHING	10h30 PILATES	10h30 LesMILLS BODYBALANCE	11h00 LesMILLS RPM 60mn
12h30 LesMILLS RPM 45mn	12h30 CROSS TRAINING	12h30 PILATES	12h30 LesMILLS RPM 30mn	12h30 LesMILLS BODYPUMP	
17h45 NEW BOXING		16h30 Ado CROSS TRAINING	17h45 NEW ABDOS FESSIERS		
18h30 LesMILLS BODYPUMP	18h30 CROSS TRAINING	18h30 YOGA	18h30 BOXING	18h30 CROSS TRAINING	
19h15 ZUMBA	18h30 LesMILLS RPM 45mn	19h15 CROSS TRAINING	19h15 LesMILLS RPM 60mn		
20h00 KRAV MAGA SELF-DEFENSE hors abonnement	19h30 LesMILLS BODYBALANCE		19h15 NEW PILATES		

Retrouvez ces cours dans la

SALLE COURS

SALLE RPM

HORAIRE OUVERTURE

Lundi au vendredi 6h - 22h
Samedi et dimanche 6h - 20h