


















PLANNING - SAINT-RAPHAEL

JANVIER 2025

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
					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	NEW 10h30  STRETCHING	11h00 LesMILLS RPM 60mn
12h30 LesMILLS RPM 45mn	12h30  CROSS TRAINING	12h30  PILATES	12h30 LesMILLS RPM 30mn	12h30  CROSS TRAINING	
12h30 LesMILLS BODYBALANCE					
17h45  BOXING		17h45  YOGA	17h45  ABDOS FESSIERS	17h45 LesMILLS BODYBALANCE	
18h30 LesMILLS BODYPUMP	18h30  CROSS TRAINING	18h30 LesMILLS RPM 45mn	18h30  BOXING	18h30  CROSS TRAINING	
19h15  ZUMBA	18h30 LesMILLS RPM 45mn	NEW 19h30  SWISS BALL	19h15 LesMILLS RPM 60mn		
	19h30 LesMILLS BODYBALANCE		19h15  PILATES		

Retrouvez ces cours dans la

SALLE COURS

SALLE RPM

HORAIRE OUVERTURE 7J/7
du lundi au dimanche 6h - 23h