

PLANNING - SAINT-RAPHAEL

FITNESS - ÉTÉ

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	
		17h45 YOGA		17h45 LesMILLS BODYBALANCE	
18h30 LesMILLS BODYPUMP	18h30 CROSS TRAINING	18h30 LesMILLS RPM 45mn	18h30 BOXING	18h30 CROSS TRAINING	
NEW 19h15 ABDOS FESSIERS	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

