

Janvier 2026

PLANNING SAINT-RAPHAËL

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9H30 PUMP	9H30 YOGA	9H30 RPM	9H30 PUMP	9H30 RPM	9H00 YOGA
10H30 BALANCE	10H30 ABDO-FESSIERS	10H30 STRETCHING	10H30 PILATES	10H30 STRETCHING	10H15 PUMP
12H30 RPM	12H30 CROSS-TRAINING	12H30 PILATES	12H30 BALANCE	12H30 PUMP	11H30 RPM
	18H30 CROSS-TRAINING	17H15 YOGA	17H45 ABDO-FESSIERS	17H30 BALANCE	
18H30 PUMP	18H30 RPM	18H30 RPM	18H30 BOXING	18H30 CROSS-TRAINING	
19H15 STEP	19H30 BALANCE	19H30 SWISS BALL	19H15 RPM		
			19H15 PILATES		



Ouvert 7j/7 de 6h à 23h