

À PARTIR DE SEPTEMBRE 2026

PLANNING SAINT-RAPHAËL

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



Ouvert 7j/7 de 6h à 23h