

Planning Fitness

à compter du 2 janvier 2019

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
09h30 ^{1h} yoga	09h30 ⁴⁵ ZUMBA FITNESS	09h30 ⁴⁵ blueball	09h30 ⁴⁵ circ. training	09h30 ⁴⁵ caf	10h00 ⁴⁵ LES MILLS BODYPUMP	10h15 ^{1h} circ. training
10h30 ⁴⁵ caf	10h30 ³⁰ LES MILLS CXWORX	10h15 ⁴⁵ TRX Suspension Training	10h15 ⁴⁵ step	10h15 ⁴⁵ LES MILLS BODYBALANCE	10h45 ¹⁵ abdos 15'	11h15 ³⁰ stretching
11h30 ⁴⁵ LES MILLS RPM	11h00 ^{1h} LES MILLS BODYBALANCE	11h15 ³⁰ stretching	11h15 ³⁰ biking	11h15 ⁴⁵ circ. training	11h15 ⁴⁵ LES MILLS RPM	
	12h30 ³⁰ abdos fessiers	12h30 ⁴⁵ pilates		12h15 ⁴⁵ TRX Suspension Training	12h15 ⁴⁵ LES MILLS BODYBALANCE	jours fériés 10h15 ^{1h} circ. training 11h15 ³⁰ stretching jours fériés
18h15 ⁴⁵ LES MILLS BODYPUMP	18h00 ⁴⁵ blueball	18h15 ³⁰ fitness training	18h00 ³⁰ LES MILLS BODYPUMP			
	18h45 ³⁰ TRX Suspension Training		18h30 ³⁰ blueball			
19h15 ⁴⁵ LES MILLS RPM	19h15 ⁴⁵ LES MILLS BODYCOMBAT	19h00 ⁴⁵ LES MILLS BODYATTACK	19h15 ⁴⁵ LES MILLS RPM	19h00 ⁴⁵ LES MILLS BODYCOMBAT		
ZUMBA FITNESS	20h00 ⁴⁵ fitness training	19h45 ¹⁵ abdos 15'	cardio dance	19h45 ¹⁵ abdos 15'		
20h15 ⁴⁵ LES MILLS BODYBALANCE		20h00 ⁴⁵ biking	20h15 ¹⁵ abdos 15'	20h00 ^{1h} salsa cubaine initiation		



intensités

COOL TONIC BOOST XTREM

activités Premium
sur réservation
au ☎ 09 71 00 00 00