

MATIN

APRÈS-MIDI

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

Gym 09:15
⌚ 45 min

Yoga 10:00
⌚ 60 min

Cross Training 12:30
⌚ 45 min

Bodyattack 12:30
⌚ 45 min

Cuisses Abdos Fessiers (C.A.F) 10:00
⌚ 60 min

Bodybalance 12:30
⌚ 45 min

RPM 12:25
⌚ 45 min

Pilates 12:30
⌚ 45 min

100% Renfo 09:15
⌚ 60 min

Pilates 10:00
⌚ 60 min

Bodypump 12:25
⌚ 45 min

Cross Training 12:30
⌚ 45 min

Bodybalance 10:00
⌚ 60 min

LesMills Dance 12:30
⌚ 45 min

Cross Training 12:30
⌚ 45 min

Bodypump 09:30
⌚ 60 min

Boxe Pieds-Poings 10:00
⌚ 60 min

Bodybalance 10:30
⌚ 60 min

Boxe Anglaise 11:00
⌚ 60 min

Cross Training 18:00
⌚ 60 min

RPM 18:15
⌚ 60 min

Boxe Pieds-Poings 19:00
⌚ 60 min

Pump 19:15
⌚ 60 min

Boxe Anglaise 20:00
⌚ 60 min

Bodypump 18:20
⌚ 60 min

LesMills Dance 19:30
⌚ 45 min

Bodycombat 18:15
⌚ 45 min

RPM 19:15
⌚ 45 min

Cross Training 18:00
⌚ 60 min

Bodyattack 18:30
⌚ 60 min

Boxe Anglaise 19:00
⌚ 60 min

Bodybalance 19:30
⌚ 60 min

Boxe Pieds-Poings 20:00
⌚ 60 min

Pilates 17:45
⌚ 45 min

RPM 18:00
⌚ 60 min