

PLANNING COURS COLLECTIFS

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

10H00 30'

C.A.F
CUISSSES ABDOS FESSIERS

10H00 45'

RENFO
FULL BODY

10H00 45'

RENFO
FULL BODY

09H45 45'

GYM DOUCE

09H45 45'

RENFO
FULL BODY

10H30 45'

PILATES

10H45 15'

ABDOS

10H45 15'

STRETCHING

10H30 30'

STRETCHING

10H30 30'

PILATES
SEMAINE IMPAIRE
SEMAINE PAIRE
STRETCHING

12H30 30'

BODYATTACK
LESMILLS

12H30 30'

TONE
LESMILLS

12H30 30'

CROSS TRAINING

12H30 30'

C.A.F
CUISSSES ABDOS FESSIERS

17H30 30'

C.A.F
CUISSSES ABDOS FESSIERS

17H30 30'

CROSS TRAINING

17H30 30'

BODYPUMP
LESMILLS

17H30 30'

TONE
LESMILLS

18H05 45'

BODYPUMP
LESMILLS

18H00 45'

R.P.M.
LESMILLS

18H10 45'

BODYCOMBAT
LESMILLS

18H00 45'

CROSS TRAINING

18H00 30'

BOXING
HBX

18H55 45'

BODYATTACK
LESMILLS

18H50 30'

BOXING
HBX

18H55 45'

STEP

18H45 45'

DANCE

18H45 45'

R.P.M.
LESMILLS

19H40 45'

R.P.M
LESMILLS

19H35 45'




BODYPUMP
LESMILLS

19H40 30'

C.A.F
CUISSSES ABDOS FESSIERS

19H30 45'

PILATES

-  RENFO
-  CARDIO
-  TECHNIQUE DOUCE

ACCUEIL DU CLUB

& PRÉSENCE PATEAU CARDIO/MUSCU

LUNDI - MARDI - JEUDI
9H30 - 13H30 / 17H00 - 20H30

MERCREDI
17H00 - 20H30

VENDREDI
9H30-13H30 / 17H00-20H00

SAMEDI
9H30 - 12H30

ACCÈS SO SMILE 7J/7 6H-23H