

PLANNING FITNESS JUILLET 2025

- du 07 juillet au 03 août inclus -

LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI		DIMANCHE	
STUDIO 1	STUDIO 2 & 3	STUDIO 1	STUDIO 2 & 3	STUDIO 1	STUDIO 2 & 3	STUDIO 1	STUDIO 2 & 3	STUDIO 1	STUDIO 2 & 3	STUDIO 1	STUDIO 2 & 3	STUDIO 1	STUDIO 2 & 3
10h00 (40') BODYSculPT		10h00 (30') BUSTE BRAS		9h30 (45') ÉTIREMENTS		10h00 (45') LES MILLS BODYPUMP		10h00 (30') BUSTE BRAS		10h00 (55') LES MILLS BODYPUMP		10h00 (45') LES MILLS RPM	
10h45 (45') LES MILLS BODYBALANCE		10h30 (45') CUISSES ABDOSS FESSIERS		10h15 (45') CUISSES ABDOSS FESSIERS		11h00 (55') PILATES FLOW		10h30 (45') CUISSES ABDOSS FESSIERS		11h10 (20') CORE TRAINING		11h00 (45') LES MILLS BODYPUMP	
11h30 (45') EASY STEP		11h15 (45') ÉTIREMENTS		11h00 (55') PILATES 2				11h15 (50') ZUMBA FITNESS		11h30 (45') STEP FUN		12h00 (55') LES MILLS BODYBALANCE	
	12h30 (45') LES MILLS RPM			12h00 (55') PILATES 1							12h30 (45') LES MILLS RPM		
				16h15 (55') BODYSculPT						14h00 (55') ZUMBA FITNESS			
17h00 (55') YOGA HATHA		17h45 (45') EASY STEP		17h15 (45') HIIT		18h00 (25') ÉTIREMENTS				15h00 (45') CUISSES ABDOSS FESSIERS			
18h00 (55') YOGA VINYASA	18h15 (45') LES MILLS RPM	18h30 (55') LES MILLS BODYBALANCE		18h00 (55') LES MILLS BODYCOMBAT		18h00 (55') PILATES 1	18h30 (25') CORE TRAINING	18h15 (55') LES MILLS BODYPUMP		15h45 (45') LES MILLS BODYCOMBAT			
19h15 (45') STEP FUN	19h00 (55') KUDURO FIT	19h30 (45') LES MILLS BODYATTACK		19h00 (55') ZUMBA FITNESS	18h45 (45') BIKING	19h05 (45') LES MILLS BODYPUMP	19h00 (55') PILATES 2	19h15 (55') LES MILLS BODYBALANCE	18h45 (45') LES MILLS RPM				
20h15 (45') LES MILLS BODYPUMP		20h30 (45') LES MILLS RPM		20h00 (55') YIN YOGA		20h00 (45') STEP CARDIO	20h00 (45') LES MILLS RPM	20h15 (55') LES MILLS BODYCOMBAT					

Durant cette période estivale, les cours sont susceptibles d'être modifiés ou annulés.