

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

10H00-10H45

BODY SCULPT

10H45-11H30

**LES MILLS
BODYBALANCE**

12H30-13H15

**LES MILLS
BODYATTACK**

18H00-19H00

**LES MILLS
BODYPUMP**

19H00-19H45

ABDOS CUISSSES FESSIERS

19H45-20H30

ZUMBA

10H00-10H45

ABDOS CUISSSES FESSIERS

10H45-11H15

MOBILITE

12H15-12H30

FESSIERS INTENSE

12H30-13H15

PILATES

18H00-18H45

**LES MILLS
BODYBALANCE**

18H45-19H30

**LES MILLS
BODYCOMBAT**

STEP1
Salle 2

19H30-20H15

**LES MILLS
BODYPUMP**

10H00-10H45

PILATES

10H45-11H15

STRETCHING

12H30-13H15

**LES MILLS
BODYPUMP**

18H00-18H45

ABDOS CUISSSES FESSIERS

18H45-19H30

ZUMBA

19H30-20H15

CIRCUIT TRAINING

10H00-10H30

TABATA

10H30-11H15

**LES MILLS
BODYBALANCE**

12H15-12H30

ABDOS INTENSE

12H30-13H15

ZUMBA

18H00-19H00

**LES MILLS
BODYPUMP**

DANCEHALL
Salle 2

19H00-19H45

STEP 2

TABATA
Salle 2

19H45-20H30

**LES MILLS
BODYBALANCE**

10H00-10H45

ABDOS CUISSSES FESSIERS

10H45-11H15

STRETCHING

12H30-13H15

**LES MILLS
BODYBALANCE**

18H00-18H30

**LES MILLS
GRIT**

18H30-19H15

ABDOS CUISSSES FESSIERS

19H00-20H00

YOGA VINYASA
Salle 2

19H15-20H00

PILATES

10H00-11H00

**LES MILLS
BODYPUMP**

11H00-11H45

**LES MILLS
BODYCOMBAT**

11H45-12H30

**LES MILLS
BODYBALANCE**