

LUNDI


MARDI

MERCREDI


JEUDI


VENDREDI


SAMEDI


30' 10:00 
FULL BODY

30' 10:00 
CUISSSES ABDOS
FESSIERS

30' 10:00 
FULL BODY


45' 10:00 
CROSS TRAINING


30' 10:30 
ABDOS & FESSIERS

45' 10:30 
STRETCHING


30' 10:30 
STRETCHING

30' 10:45 
STRETCHING

30' 12:30 
RPM
LESMILLS


30' 12:30 
CROSS TRAINING


30' 12:30 
CROSS TRAINING

30' 17:30 
FULL BODY


30' 17:30 
ABDOS & FESSIERS


30' 17:45 
CROSS TRAINING

45' 17:30 
STRETCHING

30' 17:30 
CROSS TRAINING

30' 18:00 
GRIT ATHLETIC
LESMILLS

45' 18:00 
ENERGI BARRE


45' 18:15 
ZUMBA

30' 18:15 
ABDOS FESSIERS


30' 18:00 
GRIT ATHLETIC
LESMILLS


45' 18:30 
STEP

30' 19:00 
CROSS HIIT


45' 19:00 
RPM
LESMILLS

30' 18:45 
GRIT ATHLETIC
LESMILLS

60' 18:45 
STRETCHING

45' 18:45 
RPM
LESMILLS

15' 19:30 
STRETCHING

45' 19:15 
RPM
LESMILLS

ACCUEIL DU CLUB & PRÉSENCE PLATEAU CARDIO MUSCU

RENFORCEMENT MUSCULAIRE

GRIT FORCE **LESMILLS**
ENERGI BARRE
CUISSSES ABDOS FESSIERS
ABDOS & FESSIERS
CROSS TRAINING
FULL BODY

CARDIO

RPM **LESMILLS**
BODY COMBAT **LESMILLS**
GRIT CARDIO **LESMILLS**
GRIT ATHLETIC **LESMILLS**
A L'ATTAQUE!
ZUMBA
STEP

DÉTENTE

BODY BALANCE **LESMILLS**
STRETCHING

LUNDI - MARDI - JEUDI
9H30 - 13H30 / 16H30 - 20H30
MERCREDI VENDREDI
15H - 20H30 16H30-20H30
SAMEDI
9H30 - 12H30

ACCES BADGE 6H-23H 7J/7