

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

45' 10:00 ⚡
CUISSES ABDOS FESSIERS

45' 10:00 ⚡
FULL BODY

30' 10:00 ⚡
FULL BODY

45' 10:00 ⚡
CROSS TRAINING

30' 10:45 🧘
STRETCHING

45' 10:45 🧘
BODY BALANCE LESMILLS

45' 10:30 🧘
BODY BALANCE LESMILLS

30' 10:45 🧘
STRETCHING

30' 12:30 ⚡
CROSS TRAINING

45' 12:30 ⚡
PILATES MATWORK

30' 12:30 ⚡
CROSS TRAINING

30' 17:30 ⚡
ABDOS & FESSIERS

30' 17:30 ⚡
FULL BODY

30' 17:45 ⚡
CROSS TRAINING

45' 17:30 📈
RPM LESMILLS

30' 17:30 ⚡
FULL BODY

45' 18:00 ⚡
BODY PUMP LESMILLS

45' 18:00 📈
STEP INTERMÉDIAIRE

45' 18:15 📈
ZUMBA

30' 18:15 ⚡
ABDOS & FESSIERS

45' 18:00 📈
STEP DÉBUTANT

30' 19:00 📈
FIT COMBAT

45' 18:45 📈
FIT COMBAT

30' 19:00 ⚡
ABDOS & FESSIERS

45' 18:45 ⚡
BODY PUMP LESMILLS

45' 18:45 🧘
BODY BALANCE LESMILLS

45' 19:30 📈
RPM LESMILLS

30' 19:30 ⚡
CUISSES ABDOS FESSIERS

45' 19:30 📈
RPM LESMILLS

15' 19:45 🧘
STRETCHING

⚡ **RENFORCEMENT MUSCULAIRE**

BODY PUMP **LESMILLS**
CUISSES ABDOS FESSIERS
ABDOS & FESSIERS
CROSS TRAINING
FULL BODY
PILATES MATWORK

📈 **CARDIO**

RPM **LESMILLS**
FIT COMBAT
ZUMBA
STEP

🧘 **DÉTENTE**

BODY BALANCE **LESMILLS**
STRETCHING

ACCUEIL DU CLUB
& PRÉSENCE PLATEAU CARDIO MUSCU

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

ACCES BADGE 6H-23H 7J/7