

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

<p>10:00</p> <p>45' CUISSSES ABDOS FESSIERS</p> <p>10:45</p> <p>30' STRETCHING</p> <p>11:15</p>	<p>10:00</p> <p>45' FULL BODY</p> <p>10:45</p> <p>45' BODY BALANCE LESMILLS</p> <p>11:30</p>	<p>ACCES LIBRE 6H-23H 7J/7</p>	<p>10:00</p> <p>30' FULL BODY</p> <p>10:30</p> <p>45' PILATES MATWORK</p> <p>11:15</p>	<p>ACCES LIBRE 6H-23H 7J/7</p>	<p>10:00</p> <p>45' CROSS TRAINING</p> <p>10:45</p> <p>30' STRETCHING</p> <p>11:15</p>
<p>12:30</p> <p>30' CROSS TRAINING</p> <p>13:00</p> <p>ACCES LIBRE 6H-23H 7J/7</p>	<p>12:30</p> <p>45' PILATES MATWORK</p> <p>13:15</p> <p>ACCES LIBRE 6H-23H 7J/7</p>	<p>ACCES LIBRE 6H-23H 7J/7</p>	<p>12:30</p> <p>30' CROSS TRAINING</p> <p>13:00</p> <p>ACCES LIBRE 6H-23H 7J/7</p>	<p>ACCES LIBRE 6H-23H 7J/7</p>	<p>ACCES LIBRE 6H-23H 7J/7</p>
<p>17:30</p> <p>30' ABDOS FESSIERS</p> <p>18:00</p> <p>45' BODY PUMP LESMILLS</p> <p>18:45</p> <p>30' BODY ATTACK LESMILLS</p> <p>19:30</p> <p>45' RPM LESMILLS</p> <p>20:15</p>	<p>17:30</p> <p>30' CROSS TRAINING</p> <p>18:00</p> <p>45' STEP INTERMEDIAIRE</p> <p>18:45</p> <p>45' FIT COMBAT</p> <p>19:30</p> <p>30' CUISSSES ABDOS FESSIERS</p> <p>20:00</p>	<p>17:30</p> <p>30' ABDOS FESSIERS</p> <p>18:00</p> <p>45' ZUMBA</p> <p>18:45</p> <p>45' PILATES MATWORK</p> <p>19:30</p> <p>45' RPM LESMILLS</p> <p>20:15</p>	<p>17:30</p> <p>45' RPM LESMILLS</p> <p>18:15</p> <p>30' ABDOS FESSIERS</p> <p>18:45</p> <p>45' BODY PUMP LESMILLS</p> <p>19:30</p> <p>19:45</p> <p>15' STRETCHING</p> <p>20:15</p>	<p>17:30</p> <p>45' FULL BODY</p> <p>18:15</p> <p>45' BODY ATTACK LESMILLS</p> <p>19:00</p> <p>45' BODY BALANCE LESMILLS</p> <p>19:45</p>	<p>ACCES LIBRE 6H-23H 7J/7</p>

RENFORCEMENT MUSCULAIRE

- BODY PUMP LESMILLS
- CUISSSES ABDOS FESSIERS
- ABDOS FESSIERS
- CROSS TRAINING
- FULL BODY

CARDIO

- BODY ATTACK LESMILLS
- RPM LESMILLS
- FIT COMBAT
- STEP INTERMEDIAIRE

DÉTENTE

- BODY BALANCE LESMILLS
- STRETCHING
- PILATES MATWORK

DANSE

- ZUMBA

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