

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

45' 10:00 ⚡
CUISSES ABDOS FESSIERS

45' 10:00 🧘
STRETCHING

45' 10:00 ⚡
FULL BODY

45' 10:00 ⚡
CROSS TRAINING

45' 10:45 🧘
STRETCHING

30' 10:45 ⚡
CROSS TRAINING

30' 10:45 🧘
STRETCHING

30' 10:45 🧘
STRETCHING

30' 12:30 ⚡
CROSS TRAINING

30' 12:30 🧘
CAF

30' 12:30 ⚡
CROSS TRAINING

60' 15:30 👶
CROSS KIDS

30' 17:30 ⚡
FULL BODY

45' 17:30 ⚡
CUISSES ABDOS FESSIERS

30' 17:30 🧘
BODY ATTACK LESMILLS

30' 17:30 ⚡
CAF

30' 17:30 🧘
RPM LESMILLS

45' 18:00 🧘
BODY ATTACK LESMILLS

45' 18:15 🧘
BODY COMBAT LESMILLS

45' 18:00 ⚡
FULL BODY

45' 18:00 🧘
DANCE LESMILLS

45' 18:00 ⚡
CROSS TRAINING

45' 19:00 ⚡
BODY PUMP LESMILLS

45' 19:00 🧘
STEP

45' 18:45 🧘
DANCE LESMILLS

60' 19:00 ⚡
BODY PUMP LESMILLS

45' 18:45 🧘
BODY COMBAT LESMILLS

30' 19:45 🧘
RPM LESMILLS

30' 19:45 🧘
STRETCHING

45' 19:30 🧘
RPM LESMILLS

 **RENFORCEMENT MUSCULAIRE**

- BODY PUMP **LESMILLS**
- CUISSES ABDOS FESSIERS
- ABDOS & FESSIERS
- CROSS TRAINING
- FULL BODY

 **CARDIO**

- BODY ATTACK **LESMILLS**
- RPM **LESMILLS**
- BODY COMBAT **LESMILLS**
- DANCE **LESMILLS**
- STEP

 **DÉTENTE**

- STRETCHING

 **KIDS**
 CROSS KIDS

ACCUEIL DU CLUB
 & PRÉSENCE PLATEAU CARDIO MUSCU

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

ACCES BADGE 6H-23H 7J/7