



Planning des cours dès le 14.06

Horaires d'ouverture

Lundi	08:00 - 21:30
Mardi	07:00 - 21:30
Mercredi	08:00 - 21:30
Jeudi	07:00 - 21:30
Vendredi	08:00 - 21:30
Samedi	09:00 - 17:00
Dimanche	09:00 - 17:00

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
Matin	09:00 – 10:00 YOGA	09:00 – 10:00 BODYBALANCE	09:00 – 10:00 C.A.F	09:00 – 09:45 RPM 45'	09:00 – 10:00 BODYPUMP	10:00 – 11:00 BODYPUMP	10:00 – 10:45 RPM 45'
	10:00 – 11:00 BODYPUMP	09:00 – 09:45 RPM 45'	10:00 – 11:00 PILATES	10:00 – 11:00 BODYBALANCE	09:00 – 10:00 FULL BODY	11:00 – 12:00 BODYBALANCE	10:00 – 11:00 YOGA
Midi	12:15 – 13:00 CORE	12:15 – 13:00 BODYPUMP	12:15 – 13:00 FURY	12:15 – 13:00 CROSS TRAINING	12:15 – 13:00 RPM 45'		
Après-midi	14:00 – 15:00 PILATES	18:30 – 19:30 YOGA	18:15 – 18:30 ABDOS 15'	18:30 – 19:30 YOGA			
	18:30 – 19:30 BODYPUMP	18:30 – 19:15 RPM 45'	18:30 – 19:30 BODYCOMBAT	18:30 – 19:15 RPM 45'			
	18:30 – 19:30 PILATES	19:15 – 20:15 ZUMBA	18:30 – 19:30 BODYPUMP	19:30 – 20:15 BODYATTACK 45'			
	19:30 – 20:15 RPM 45'		19:30 – 20:30 BODYBALANCE				