

# Planning Fitness à partir du 13 novembre 2017

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

Dimanche

9h15 - 9h45

ABDOS  
FESSIERS

10h - 11h30

YOGA

12h15-13h

LES MILLS  
BODYBALANCE

18h -18h30

ABDOS  
CUISSES

18h30-19h15

LES MILLS  
BODYBALANCE

19h15-20h

LES MILLS  
BODYPUMP

20h-20h45

ZUMBA  
LES MILLS  
RPM

8h-8h45

C.A.F

9h - 10h

PILATES

10h15 - 11h

LES MILLS  
BODYBALANCE

12h15-13h

blueball

14h30-16h

YOGA

18h -18h30

ABDOS  
FESSIERS

18h30-19h15

STEP

19h15-20h

LES MILLS  
BODYATTACK  
LES MILLS  
RPM

20h-21h

LES MILLS  
BODYBALANCE

10h - 11h

ZUMBA  
fitness

12h15-12h30

ABDOS  
FLASH

12h30 -13h

LES MILLS  
BODYATTACK

18h -18h30

SPECIAL  
TRONC

18h30-19h15

TRAINING  
LES MILLS  
RPM

19h15-20h

LES MILLS  
BODYPUMP

20h-20h30

ABDOS  
STRECH

9h15 - 10h

LES MILLS  
BODYBALANCE

10h - 10h30

CUISSES  
FESSIERS

12h15-13h

PILATES

18h -18h30

C.A.F

18h30 -19h15

blueball

19h15-20h

ZUMBA  
LES MILLS  
RPM

20h-20h45

LES MILLS  
BODYATTACK

10h - 11h

PILATES

12h-13h30

YOGA

18h -18h30

BODY  
SCULPT

18h30-19h15

ZUMBA  
fitness

19h15-20h

STEP

20h -20h15

ABDOS  
FLASH

10h - 11h

LES MILLS  
BODYPUMP

11h - 11h45

STEP

12h - 12h45

LES MILLS  
BODYATTACK

Les  
nymphéas  
Centre aquatique

9h15-10h15

CROSS  
TRAINING

10h15 - 11h

C.A.F

11h - 11h45

LES MILLS  
BODYPUMP

11h45 - 12h15

ATELIER  
POSTURAL

Activités sur réservation:

 BASIC  
 PREMIUM