

Planning Temporaire

Pendant la phase de transformation
du club

Lun. au Ven. : 7h – 22h
Sam. & Dim. : 9h – 19h

Lun.	10h00	60'	Pilates
	11h00	60'	Stretching
	12h15	45'	Bodypump
	13h30	60'	Vinyasa yoga
	18h00	60'	Bodypump
	18h30	30'	Sprint
	19h00	60'	Bodyattack
	19h00	60'	RPM
	20h00	60'	Bodybalance
	20h15	45'	Pack 45
Mar.	10h00	60'	Bodypump
	11h00	60'	Stretching
	12h15	45'	RPM
	18h00	60'	Pilates
	19h00	60'	Bodypump
	20h00	60'	Yoga Vinyasa
	20h00	60'	Pack 45
Mer.	10h15	45'	Pack 45
	11h00	60'	C.A.F.
	12h15	45'	Grit Force
	13h00	45'	Stretching
	18h00	30'	LesMills Core
	18h30	30'	Grit Force
	19h00	45'	Bodybalance
	20h00	60'	Bodyattack
	20h00	60'	RPM

Jeu.	10h00	60'	Pilates
	11h00	60'	Bodypump
	12h15	45'	Bodyattack
	13h00	45'	Pack 45
	18h00	60'	Bodypump
	19h00	60'	Bodycombat
	19h00	60'	RPM
	20h00	60'	Strength
	20h00	45'	Sprint
Ven.	10h00	60'	C.A.F.
	11h00	60'	Pilates
	12h15	45'	Pack 45
	16h30	90'	Yoga Vinyasa
	18h15	45'	Pack 45
	19h00	60'	Bodyattack
	20h00	60'	Bodypump
Sam.	10h00	60'	Bodypump
	10h15	45'	Pack 45
	11h00	60'	Bodycombat
	11h00	60'	RPM
	12h15	45'	Grit Force
Dim.	10h00	60'	Pilates
	11h00	60'	Bodypump
	12h00	60'	Bodyattack

Salle de cours • Zone Fonctionnelle • Studio de Bike