

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

SALLE DU HAUT  
SALLE DU BAS

SALLE DU HAUT  
SALLE DU BAS

SALLE DU HAUT  
SALLE DU BAS

SALLE DU HAUT  
SALLE DU BAS

SALLE DU HAUT  
SALLE DU BAS

SALLE DU HAUT  
SALLE DU BAS

SALLE DU BAS

10h (60')  
C.F.S  


10h (60')  
GYM  



10h (60')  
GYM  



10h (60')  
LIA N1  


10h (60')  
RENFO HIIT  


10h (60')  
CULTURE PHYSIQUE  


9h30 (60')  
CULTURE PHYSIQUE  


9h30 (60')  
BODY BARRES  


9h30 (60')  
GYM  



10h (60')  
GYM  


11h (30')  
ABDOS  
TAILLE  
STRETCH  


11h (60')  
PILATES  


11h (60')  
CULTURE PHYSIQUE  


11h (30')  
ABDOS  
TAILLE  


10h30 (60')  
LIA  


10h30 (60')  
PILATES  


10h30 (60')  
A.F.S  



11h (60')  
GYM  



11h30 (60')  
PILATES  


12h15 (45')  
STEP N1  


11h30 (45')  
STRETCH  


11h30 (60')  
BODY ZEN  


11h30 (45')  
BIKING  


12h (45')  
PILATES  


PLANNING FITNESS DU 25 AU 31 JUILLET

18h (60')  
BODY BARRES  


19h (60')  
JAM DANCE  


18h15 (60')  
LIA N2  


19h15 (45')  
A.F.S  


20h (45')  
BODY HIIT  



18h (60')  
PILATES  


19h (60')  
GYM  


18h15 (45')  
PILATES  


19h (60')  
BODY CAMP  


17h30 (60')  
BIKING  


18h30 (60')  
CROSS T  


13h (60')  
ZUMBA