

Fitness

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
	09h30 (45)	09h30 (45)	09h30 (45)		10h15 (1h) 1 Sem/2	10h15 (45)
	bodysculpt	pilates	step		LesMILLS BODYPUMP	core training
10h30 (45)	10h15 (45)	10h15 (45)	10h15 (45)	10h30 (45)	LesMILLS Crosstraining	11h00 (45)
bodysculpt	blueball	corps&sens	bodysculpt	circ. training	LesMILLS barre	stretching
11h15 (45)	11h00 (45)	11h00 (30)	11h00 (45)	11h15 (45)	11h15 (45)	
caf	stretching	LesMILLS barre	pilates	caf	caf	
	12h30 (45)	12h30 (45)	12h30 (45)	12h30 (45)	12h00 (30)	
12h30 (30)	pilates	caf	blueball	caf	stretching	
LesMILLS BODYPUMP						
18h00 (45)	18h15 (45)	18h00 (45)	18h00 (45)	18h15 (30)		
TRX Suspension Training	pilates	caf	LesMILLS BODYPUMP	abdos 30'		
18h45 (45)	19h00 (45)	18h45 (1h)	18h45 (45)	18h45 (45)		
LesMILLS SH'BAM	blueball	LesMILLS BODYPUMP	caf	LesMILLS BODYATTACK		
19h30 (45)	19h45 (30)	19h45 (45)	19h30 (45)	19h30 (45)		
LesMILLS BODYATTACK	LesMILLS barre	LesMILLS BODYCOMBAT	LesMILLS SH'BAM	LesMILLS BODYPUMP		
	20h15 (1h)		19h30 (1h)	20h15 (30)		
	yoga		crosstraining	stretching		

Du 8 juillet 2019 au 5 Aout 2019

