



PROGRAMME DES COURS COLLECTIFS A PARTIR DU 17.09.2018

LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI	
FITNESS	RPM	FITNESS	RPM	FITNESS	RPM	FITNESS	RPM	FITNESS	RPM	FITNESS	RPM
09:15 - 10:15 BODYSCULPT		09:15 - 10:15 CAF		09:15 - 10:00 STEP Niv.1		09:15 - 10:15 LESMILLS BODYPUMP		9:15 - 9:45 HIIT		09:30 - 10:15 CAF	
10:15 - 10:45 LESMILLS CXWORX				10:00 - 10:30 LESMILLS CXWORX				9:45-10:15 LESMILLS CXWORX		10:30 - 11:00 HIIT	
10:45 - 11:30 STRETCH											
12:30 - 13:00 HIIT		12:30 - 13:15 LESMILLS BODYPUMP				12:30 - 13:15 CAF				12:30 - 13:15 LESMILLS RPM	
17:30 - 18:15 CAF											
18:30 - 19:30 LESMILLS BODYJAM	18:15 - 19:15 LESMILLS RPM	18:00 - 19:00 STEP Niv. 2		18:00 - 19:00 LESMILLS BODYPUMP		18:00 - 19:00 STEP Niv.1	18:00 - 19:00 LESMILLS RPM	18:15 - 19:00 HILOW		19:00 - 20:00 ZUMBA FITNESS	
		19:15 - 20:15 ZUMBA FITNESS		19:00 - 20:00 LESMILLS BODYJAM	19:00 - 20:00 LESMILLS RPM	19:00 - 19:30 LESMILLS CXWORX					

Rejoignez l'open sur

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ATTENTION annulation du cours si:

*Cours Cardio < 5 personnes

*Renforcement < 3 personnes