



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

Rejoignez l'open sur



ATTENTION annulation du cours si:

*Cours Cardio < 5 personnes

*Renforcement < 3 personnes