

PLANNING FITNESS 2020

| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI |
|---|---|-----------------------|--|-------------------------------------|--|
| 10h00 GYM TRAD | 10h00 STRETCHING 45' | | 10h00 GYM ZEN 45' | | 09h30 LESMILLS BODYPUMP 45' 10h30 LESMILLS RPM |
| 12h30 LESMILLS BODYPUMP 45' | | 12h30 LESMILLS RPM | 12h30 GYM PILATES | 12h30 ABDOS FESSIERS TAILLE CUISSES | |
| 17h30 LESMILLS BODYPUMP | 17h45 ABDOS FESSIERS TAILLE CUISSES | 18h00 STRONG by ZUMBA | 17h30 GYM TRAD | 18h30 cuisses fessiers 30' | Horaires d'ouverture Accueil LUNDI AU VENDREDI 9h00-13h30 15h00-21h00 SAMEDI 9H00-13H00 |
| 18h30 LESMILLS RPM LESMILLS BODYCOMBAT | 18h30 LESMILLS BODYJAM | 19h00 ZUMBA | 18h15 LESMILLS BODYPUMP 45' | 19h00 ABDOS PILATES 30' | |
| 19h30 STRETCHING 30' | 19h30 LESMILLS RPM LESMILLS BODYPUMP 30' | | 19h00 LESMILLS BODYJAM LESMILLS RPM | | |

PLANNING FONCTIONNAL TRAINING

| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI |
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| | 12h30 CALORIES KILLER | | | | |
| 18h00 TRX suspension training | 18h30 BOXING HBX | 19h00 XTREM CIRCUIT | 18h30 BOXING HBX | 18h30 CALORIES KILLER | |
| 20h00 BOXING HBX | | 19h30 CALORIES KILLER | 19h00 TRX suspension training | 19h00 BOXING HBX | |

