



PLANNING RENTRÉE 2023

COURS COLLECTIFS

VENREDI

JEUDI

9h15



C.A.F



10h00



STABILITY BALL



12h30



CIRCUIT TRAINING



17h15



BODY SCULPT



18h15



LES MILLS
RPM



SAMEDI

10h00



LES MILLS
RPM



17h15



LES MILLS
RPM



18h15



CIRCUIT TRAINING



LUNDI

10h00



LES MILLS
BODYBALANCE



18h15



LES MILLS
BODYCOMBAT



19h15



LES MILLS
RPM



MARDI

9h15



BODY SCULPT



17h15



CIRCUIT TRAINING



18h15



LES MILLS
RPM



MERCREDI

12h30



LES MILLS
RPM



18h15



LES MILLS
BODYPUMP



19h15



LES MILLS
BODYBALANCE

