

PLANNING COURS COLLECTIFS

A PARTIR DU 12 FÉVRIER 2025

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9h30 (45') PILATES	9h30 (30') BODYSCULPT	9h00 (60') HATHA YOGA	9h45 (30') SPÉCIAL DOS	9h15 (60') HATHA YOGA	9h45 (45') CUISSSES ABDOS FESSIERS	9h30 (30') ABDOS TAILLE
10h15 (30') SPÉCIAL DOS	10h00 (30') PILATES	10h00 (45') BALANCE	10h15 (45') CUISSSES ABDOS FESSIERS	10h15 (45') PILATES	10h30 (45') LES MILLS RPM	10h00 (30') CUISSSES FESSIERS
10h45 (30') CUISSSES FESSIERS	10h30 (30') STRETCHING	10h45 (45') BODYSCULPT	10h45 (30') STRETCHING	11h00 (45') LES MILLS BODYPUMP	11h15 (45') LES MILLS BODYPUMP	10h30 (30') SPÉCIAL BUSTE
11h15 (30') ABDOS TAILLE	11h00 (30') ABDOS FESSIERS	11h30 (45') GRIIT	11h15 (30') BODY ZEN	11h45 (45') LES MILLS RPM	12h00 (45') MOBILITÉ	11h00 (60') ZUMBA
11h45 (30') STRETCHING	11h30 (30') SPECIAL BUSTE	12h15 (15') 100% ABDOS	12h30 (45') CIRCUIT TRAINING	12h30 (45') LES MILLS BODYPUMP	15h00 (45') PILATES	12h00 (45') BODYSCULPT
12h15 (45') LES MILLS BODYPUMP	12h15 (45') LES MILLS RPM	12h30 (45') LES MILLS RPM			15h45 (30') LES MILLS sprint	12h45 (45') TABATA
13h00 (30') LES MILLS BODYATTACK	14h (45') PILATES				16h15 (45') LES MILLS BODYPUMP	
	14h45 (15') STRETCHING					
	15h00 (30') CUISSSES ABDOS FESSIERS					
17h30 (30') ABDOS FESSIERS	17h30 (30') ABDOS TAILLE	18h15 (60') LES MILLS BODYPUMP	18h00 (60') HATHA YOGA FLOW	17h30 (30') ABDOS FESSIERS		
18h00 (45') PILATES	18h00 (30') CUISSSES FESSIERS	19h15 (60') LES MILLS BODYATTACK	19h00 (45') CIRCUIT TRAINING	18h00 (30') PILATES		
18h45 (45') STEP	18h30 (30') BODYSCULPT	19h45 (45') LES MILLS RPM	19h45 (45') LES MILLS RPM	18h30 (45') LES MILLS BODYPUMP		
19h30 (45') LES MILLS RPM	19h00 (60') STEP AFRO	20h15 (60') LES MILLS RPM	20h30 (60') ZUMBA	19h15 (45') LES MILLS BODYCOMBAT		
20h15 (60') ZUMBA	20h00 (60') YOGA VINYASA					

HORAIRES DU CLUB

LUNDI À JEUDI	7H00 - 22H00
VENDREDI	7H00 - 21H00
SAMEDI	9H00 - 19H00
DIMANCHE	9H00 - 17H00

07 85 37 35 19



RESERVATION LesMills, Yoga, Pilates SUR L'APP
CLUB CONNECT
À PARTIR DE 8H LA SEMAINE / 9H LE WEEK END