

VOTRE PLANNING

STUDIO LIVE

	Lundi	Mardi	Mercredi	Jeudi	Vendredi
9h30	PILATES	LESMILLS BODYPUMP	ZUMBA®	TAILLE CUISSES FESSIERS	LESMILLS BODYPUMP
10h15	BIKING	Freestyle	CAF / CUISSES ABDO FESSIERS	LESMILLS BODYSTEP	YOGA
12h20	ZUMBA®	PILATES	LESMILLS BODYATTACK	LESMILLS BODYPUMP	LESMILLS BODYCOMBAT
	Lundi	Mardi	Mercredi	Jeudi	Vendredi
17h30	LESMILLS BODYPUMP	AERODANCE	LESMILLS BODYCOMBAT	CAF / CUISSES ABDO FESSIERS	LESMILLS BODYSTEP
18h30	TAILLE CUISSES FESSIERS	18h15 CAF / CUISSES ABDO FESSIERS	18h15 LESMILLS BODYSTEP	18h15 LESMILLS BODYCOMBAT	18h15 LESMILLS BODYPUMP
	Lundi	Mardi	Mercredi	Jeudi	Vendredi
19h15	LESMILLS BODYATTACK	19h LESMILLS BODYCOMBAT	19h LESMILLS BODYPUMP	19h ZUMBA®	19h BIKING
20h00	YOGA	PILATES	ZUMBA®	YOGA	

X-FIT

	Lundi	Mardi	Mercredi	Jeudi	Vendredi
9h30	Open gym	Open gym	Open gym	Open gym	Open gym
12h20	Weightlifting + Metcon	Functional Bodybuilding + Metcon	Open gym	Gymnastics + Metcon	Open gym
18h00	Weightlifting + Technique + Metcon	Gymnastics + Technique + Metcon	Open gym	Functional Bodybuilding + Metcon	Open gym
19h00					
20h00					

Votre planning

BIKING



Lundi
 10h15 45"
 18h30 45"

Mardi
 18h30 45"

Mercredi
 12h20 55"

Jeudi
 18h30 45"

Vendredi
 19h00 60"



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