

Planning cours collectifs

À partir du 30 août 2021

LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI	DIMANCHE
Ouverture 9h	Ouverture 9h	Ouverture 9h	Ouverture 9h	Ouverture 9h	Ouverture 9h30	Ouverture 9h30
	9h45-10h45 Studio 1 LES MILLS BODYBALANCE	9h45-10h15 Studio 2 HBX MOVE		9h45-10h15 Studio 2 HBX MOVE		
10h-11h Cycling Studio LES MILLS RPM			10h-10h45 Studio 1 LES MILLS BODYPUMP		10h-11h Studio 1 LES MILLS BODYPUMP	10h-11h Cycling Studio LES MILLS RPM
		10h15-11h Studio 1 STRETCH-RELAX				
		10h30-11h Cycling Studio LES MILLS sprint		10h30-11h30 Cycling Studio LES MILLS RPM		
11h-12h Studio 1 PILATES	11h-11h45 Cycling Studio LES MILLS THE TRIP	11h-12h Hitbox PILATES	11h-11h45 Cycling Studio LES MILLS THE TRIP 11h-12h Studio 1 YOGA 🧘		11h-12h Cycling Studio LES MILLS RPM	11h-11h45 Studio 1 C.A.F
					11h15-12h15 Studio 1 LES MILLS BODYBALANCE	11h45-12h30 Studio 1 STRETCH-RELAX
12h30-13h15 Hitbox HBX FUSION	12h30-13h Hitbox PLANET FITNESS BOXING CIRCUIT	12h30-13h15 Hitbox HBX FUSION	12h30-13h Studio 2 HBX MOVE	12h30-13h Hitbox PLANET FITNESS BOXING CIRCUIT	14h-14h45 Cycling Studio LES MILLS THE TRIP	
					Fermeture 17h	Fermeture 13h
				18h-18h45 Studio 1 CROSS TRAINING		
18h15-18h45 Studio 1 LES MILLS GRIT STRENGTH	18h15-18h45 Hitbox HBX FUSION	18h15-18h45 Hitbox PLANET FITNESS BOXING CIRCUIT	18h15-18h45 Hitbox HBX FUSION			
18h30-19h Hitbox PLANET FITNESS BOXING CIRCUIT		18h30-19h30 Studio 1 PILATES		18h30-19h15 Cycling Studio LES MILLS THE TRIP		
18h30-19h15 Cycling Studio LES MILLS THE TRIP						
18h45-19h30 Studio 1 CROSS TRAINING	18h45-19h15 Studio 2 HBX MOVE	18h45-19h15 Studio 2 LES MILLS GRIT CARDIO 18h45-19h30 Cycling Studio LES MILLS THE TRIP	18h45-19h30 Studio 1 CROSS TRAINING	18h45-19h15 Studio 1 LES MILLS GRIT ATHLETIC		
	19h-19h45 Cycling Studio LES MILLS THE TRIP 19h-20h Hitbox YOGA 🧘					
	19h15-19h30 Studio 2 ABDOS FLASH			19h15-20h15 Studio 1 LES MILLS BODYBALANCE		
19h30-20h30 Studio 1 LES MILLS BODYCOMBAT	19h30-20h15 Studio 1 LES MILLS BODYATTACK	19h30-20h30 Studio 1 LES MILLS BODYPUMP	19h30-20h30 Studio 1 LES MILLS BODYJAM	19h30-20h Cycling Studio LES MILLS sprint		
Cycling Studio LES MILLS RPM			Cycling Studio LES MILLS RPM			
		20h-20h30 Cycling Studio LES MILLS sprint Vidéo				
Fermeture 21h30	Fermeture 21h30	Fermeture 21h30	Fermeture 21h30	Fermeture 21h30		