

PLANNING des activités

MATIN

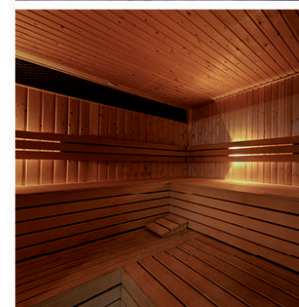
LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
HBX Boxing 08h15 - 08h45 30'		ZUMBA 08h45 - 09h45 60'	ABDOS FESSIERS 08h30 - 09h00 30'	BODY SCULPT 08h30 - 09h15 45'		BODY SCULPT 09h15 - 10h00 45'
ZUMBA 09h00 - 09h45 45'	TRX 08h30 - 09h15 45'	LES MILLS BODYCOMBAT 09h45 - 10h30 45'	LES MILLS BODYPUMP 09h00 - 10h00 60'	LES MILLS RPM 09h30 - 10h15 45'	YOGA 09h15 - 10h15 60'	BRIEF PUMP 10h00 - 10h15 15'
BRIEF PUMP 09h45 - 10h00 15'	BOXE ANGLAISE 09h15 - 10h15 60'	ABDOS FESSIERS 10h30 - 11h00 30'	PILATES Avancé 10h15 - 11h15 60'	ZUMBA 10h00 - 11h00 60'	BODY SCULPT 10h15 - 11h00 45'	LES MILLS BODYPUMP 10h15 - 11h15 60'
LES MILLS BODYPUMP 10h00 - 11h00 60'	BODY SCULPT 10h15 - 11h00 45'		PILATES 11h15 - 12h15 60'	HBX BOXING 11h15 - 11h45 30'	ZUMBA 11h00 - 12h00 60'	CROSS CITY 10h30 - 11h30 60'
YOGA 11h00 - 12h00 60'	STRETCHING 11h00 - 11h30 30'	YOGA 11h00 - 12h30 90'		HBX BOXING 11h45 - 12h15 30'		CROSS CITY 11h30 - 12h30 60'
						BRIEF RPM 11h30 - 11h45 15'
						LES MILLS RPM 11h45 - 12h30 45'

MIDI

BODY SCULPT 12h00 - 12h45 45'	HBX BOXING 12h15 - 12h45 30'	BOOTCAMP 12h30 - 13h15 45'	LES MILLS RPM 12h00 - 12h30 30'	BODY SCULPT 12h30 - 13h15 45'	LES MILLS BODYPUMP 12h00 - 13h00 60'	
LES MILLS RPM 13h00 - 13h30 30'	HBX BOXING 13h00 - 13h30 30'		LES MILLS BODYPUMP 12h45 - 13h30 45'	TRX 13h15 - 14h00 45'	STRETCHING 13h00 - 13h30 30'	

SOIR

TRX 17h45 - 18h30 45'	ZUMBA 17h45 - 18h40 55'	PILATES 18h00 - 18h45 45'	ABDOS FESSIERS 17h30 - 18h00 30'	YOGA 17h30 - 18h30 60'		BODY SCULPT 16h30 - 17h15 45'
BODY SCULPT 18h30 - 19h15 45'	BRIEF COMBAT 18h45 - 19h00 15'	BRIEF ATTACK 18h45 - 19h00 15'	BOXE ANGLAISE 18h15 - 19h15 60'	BRIEF PUMP 18h30 - 18h45 15'		STRETCHING 17h15 - 17h45 30'
LES MILLS RPM 19h00 - 20h00 60'	LES MILLS BODYCOMBAT 19h00 - 20h00 60'	LES MILLS BODYATTACK 19h00 - 19h45 45'	BODY SCULPT 19h15 - 20h00 45'	LES MILLS BODYPUMP 18h45 - 19h30 45'		
PILATES 19h15 - 20h15 60'	YOGA 20h00 - 21h00 60'	RUNNING 19h45 - 20h45 60'	BRIEF RPM 19h45 - 20h00 15'	BRIEF ATTACK 19h30 - 19h45 15'		
LES MILLS BODYPUMP 20h15 - 21h15 60'	BIKE 20h00 - 20h45 45'	BRIEF PUMP 19h45 - 20h00 15'	LES MILLS RPM 20h00 - 20h45 45'	LES MILLS BODYATTACK 19h45 - 20h30 45'		
		LES MILLS BODYPUMP 20h00 - 21h00 60'	BOOTCAMP 20h00 - 21h00 60'			
		BRIEF RPM 20h00 - 20h15 15'				
		LES MILLS RPM 20h15 - 21h00 45'				



Du lundi au vendredi
7h - 22h non stop
Samedi et dimanche
9h - 19h non stop
Tél. : 01 55 74 74 60

* RÉSERVATION OBLIGATOIRE
sur les cours suivants :
TRX / BIKE / RPM / HBX BOXING / RUNNING
BOOTCAMP / BOXE ANGLAISE / CROSS CITY