

PLANNING DES COURS COLLECTIFS

A partir du 30/08/2021

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
MATIN						
10h00 (45') C.A.F.	10h00 (45') BODY SCULPT	10h00 (45') PILATES STRETCH	10h00 (60') CAF / STRETCH	10h00 (45') LESMILLS RPM	10h00 (60') LESMILLS BODYPUMP	10h00 (30') CX TRAINING
10h45 (45') LESMILLS BODYPUMP	10h45 (30') ABDOS FLASH	10h45 (45') LESMILLS BODYPUMP	11h00 (45') LESMILLS BODYBALANCE	10h50 (20') ABDOS FLASH	11h00 (60') LESMILLS BODYCOMBAT	10h30 (60') LESMILLS BODYPUMP
				11h15 (30') STRETCHING	12h00 (60') LESMILLS BODYBALANCE	11h30 (60') LESMILLS BODYATTACK
MIDI						
12h15 (45') LESMILLS RPM	12h15 (45') CIRCUIT TRAINING	12h15 (30') SPRINT	12h15 (45') LESMILLS BODYPUMP	12h15 (45') HIIT TRAINING	12h15 (45') LESMILLS RPM	
SOIR						
18h30 (30') SPRINT	18h30 (30') C.A.F.	18h15 (60') YOGA	18h15 (45') LESMILLS BODYBALANCE	18h30 (45') STEP	14h00 (60') YOGA *	
19h05 (60') LESMILLS BODYPUMP	19h00 (45') ZUMBA	19h15 (30') HIIT TRAINING	19h00 (60') LESMILLS BODYPUMP	18h45 (30') BIKING		
20h05 (60') LESMILLS BODYATTACK	19h45 (60') LESMILLS BODYCOMBAT	19h45 (15') ABDOS FLASH	20h00 (60') LESMILLS BODYATTACK	19h20 (40') BODY SCULPT		
		20h10 (40') LESMILLS RPM		20h00 (30') KILLER CALORIES		

LEXIQUE COACH
M : MATTHIEU
MB : MATTHIEU B
Z : ZOÉ
S : SÉBASTIEN
V : VALENTINE

* Cours ouvert au public extérieur



FOCUS ON EXCELLENCE

Tous les cours sont sur inscription via Club Connect