

COURS EN GROUPE AVEC COACH

EXCLUSIF AUX MEMBRES EXTRA

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

LesMills BODYPUMP
9:00 - 10:00 Samantha

TOTALFIT
9:00-10:00 Sandra

LesMills BODYPUMP
9:00 - 10:00 Samantha

TOTALFIT
9:00-10:00 Sandra

ATHLETIK
9:00-10:00 Sylvie

LesMills BODYCOMBAT
8:45 - 9:20 Noémie

ZUMBA
8:30-9:30 Cindy

LesMills BODYPUMP
9:20 - 10:20 Noémie

POWER CARDIO
9:30-10:00 Josiane

LesMills BODYBALANCE
10:05-11:05 Nicole

ZUMBA
10:00-11:00 Sandra

LesMills BODYCOMBAT
10:05-10:55 Nicole

LesMills BODYBALANCE
10:05-11:05 Nicole

ZUMBA
10:20-11:20 Vanessa

MUSCLES
10:00-10:30 Josiane

LesMills BODYBALANCE
11:20-12:05 Jean-Alexandre

ZENYOGA
10:30-11:30 Saida

LesMills BODYPUMP
16:55-17:55 Noémie

ENTRAINEMENT COACHÉ
17:00-18:00 Geneviève

POWER CARDIO
17:30-18:00 Josiane

ENTRAINEMENT COACHÉ
17:30-18:30 Noémie

LesMills BODYCOMBAT
17:55-18:30 Josiane

LesMills BODYCOMBAT
18:00-18:35 Audrey

MUSCLES
18:00-18:30 Josiane

ZUMBA
18:30-19:30 Vanessa

LesMills BODYPUMP
18:35-19:35 Audrey

ZUMBA
18:30-19:30 Vanessa

LesMills BODYCOMBAT
18:30-19:05 Noémie

ZUMBA
19:35-20:35 Cindy

ZENYOGA
19h30-20:30 Saida

LesMills BODYPUMP
19:05-20:05 Élyssa

MISE EN FORME
Econofitness