

COURS EN GROUPE AVEC COACH

EXCLUSIF AUX MEMBRES EXTRA

| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI | DIMANCHE |
|---|---|---|--|--|---|--|
| Gofitness ATHLETIK 9:30-10:15 Laurie-Anne | ZUMBA 10:00-11:00 Nilva | NEWBODY 9:30 - 10:30 Sandra | ZUMBA 10:00-11:00 Nilva | | | LesMills BODYPUMP 8:30-9:30 Marie |
| | | | | | POWER CARDIO 9:30-10:00 Laura | Gofitness ATHLETIK 9:30-10:15 Laurie-Anne |
| | | | | | LesMills BODYPUMP 10:00-11:00 Laura | LesMills BODYBALANCE 10:15-11:15 Laurie-Anne |
| LesMills BODYPUMP 12:00-13:00 Asmaa | LesMills BODYCOMBAT 12:00-12:50 Asmaa | POWER CARDIO 12:00-12:30 Marie-Josée | LesMills CORE 12:00-12:50 Sandra | LesMills BODYPUMP 12:00-13:00 Noémie | | |
| | | LesMills BODYPUMP 12:30-13:00 Marie-Josée | | | | |
| POWER CARDIO 17:15-17:45 Laura | LesMills BODYPUMP 17:00-18:00 Karine | LesMills BODYPUMP 17:00-18:00 Karine | ZUMBA 17:00-18:00 Guylène | | | |
| Gofitness ABS 17:45-18:00 Laura | LesMills BODYCOMBAT 18:00-19:00 Karine | LesMills CORE 18:00-18:35 Karine | LesMills BODYBALANCE 18:00-18:30 Guylène | | | |
| LesMills BODYPUMP 18:00-19:00 Laura | | ZUMBA 18:35-19:35 Karine | LesMills BODYCOMBAT 18:30-19:05 Laura | | | |
| ZUMBA 19:00-20:00 Dimitra | LesMills BODYBALANCE 19:00-20:00 Karine | | LesMills BODYPUMP 19:05-20:05 Laura | | | |