

COURS EN GROUPE AVEC COACH

EXCLUSIF AUX MEMBRES EXTRA

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
					LesMills BODYPUMP 8:00-9:00 Asmaa	ZUMBA 8:15-9:15 Nilva
NEWBODY 9:00-10:00 Sandra	Gofitness ATHLETIK 9:00-9:30 Sandra	LesMills BODYPUMP 9:00-10:00 Katya	Gofitness ATHLETIK 9:00-9:45 Laurie-Anne	ENTRAINEMENT COACHÉ 9:00-10:00 Sophie P.	LesMills BODYCOMBAT 9:00-9:30 Asmaa	LesMills BODYPUMP 9:15-10:15 Katya
ZUMBA 10:00-11:00 Isabelle	LesMills CORE 9:30-10:05 Sandra	ZUMBA 10:05-11:05 Nilva	LesMills BODYBALANCE 9:45-10:45 Laurie-Anne	ZUMBA 10:00-11:00 Isabelle	ZUMBA 9:35-10:35 Maria	
	POWER CARDIO 16:45-17:15 Marie				LesMills CORE 10:35-11:10 Mariane	
					POWER CARDIO 11:10-11:40 Mariane	
ZUMBA 17:30-18:30 Isabelle	LesMills BODYPUMP 17:15-18:05 Myriam	ZUMBA 17:30-18:30 Guylène	LesMills BODYCOMBAT 17:15-18:05 Sophie P.			
LesMills CORE 18:30-19:05 Mariane	ZUMBA 18:05-19:05 Myriam	LesMills BODYCOMBAT 18:30-19:20 Asmaa	LesMills BODYPUMP 18:05-19:05 Sophie P.	LesMills BODYPUMP 17:30-18:30 Mariane		
POWER CARDIO 19:05-19:35 Mariane	LesMills BODYCOMBAT 19:05-19:40 Laura	LesMills BODYBALANCE 19:20-20:20 Jean-Alexandre	ZUMBA 19:15-20:15 Maria			
LesMills BODYBALANCE 19:35-20:20 Jean-Alexandre	LesMills BODYPUMP 19:40-20:40 Laura					