

Planning de cours collectifs

	lundi	mardi	mercredi	jeudi	vendredi	samedi
10h00	 LESMILLS BODYPUMP	Total Body		YOGA	 LESMILLS CXWORX	 LESMILLS BODYPUMP
10h30					 LESMILLS BODYBALANCE	
10h45	YOGA		PILATES			
12h40	 LESMILLS BODYCOMBAT	 LESMILLS CXWORX AF		 LESMILLS BODYPUMP	 LESMILLS BODYATTACK	
17h45		 LESMILLS BODYPUMP		 LESMILLS BODYBALANCE		
18h00	PILOXING				 LESMILLS BODYPUMP	
18h15						
18h30		STEP		 ZUMBA DANCE		
18h45	 LESMILLS CXWORX	 LESMILLS BODYPUMP			 LESMILLS BODYATTACK	
19h15	 LESMILLS BODYBALANCE	 LESMILLS RPM		 LESMILLS CXWORX	 LESMILLS RPM	
19h30	 LESMILLS BODYATTACK	CROSS TRAINING				



**HORAIRES
D'OUVERTURE**
du 6 juillet au 12 septembre

**Lundi / Mardi /
Jeudi / Vendredi :**
9h00 - 13h45
et 15h00 - 20h30

Mercredi :
15h00 - 20h30



Samedi :
9h00 - 12h30

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