

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
8H45	SCULPT (30)	RENFO CARDIO (45)			
9H00				LES MILLS BODYPUMP (45)	
9H15	PILATES (45)		TFAC (45)		TFAC (45)
9H30	TFAC (45)	BIKE (45)			
9H45				LIA* (45)	
10H15	STRETCH (45)		STRETCH (45)		STRETCH (45)
10H30		STRETCH (45)		LES MILLS BODYBALANCE (45)	
11H00	GYM DOUCE (45)				GYM DOUCE (45)
12H30	PILATES (45) LES MILLS BODYCOMBAT (45)	TFAC (45)	LES MILLS BODYPUMP (45)	STRETCH (45)	LES MILLS CXWORX (30)
14H30	LES MILLS BODYPUMP (60)				SCULPT / TFAC (60)
17H15	PILATES (30) TFAC (30)				
17H30			LES MILLS BODYATTACK (30)	TFAC (30)	
17H45	LIA (45)				CARDIO (30)
18H00	LES MILLS CXWORX (30)	TFAC (45)	LES MILLS (60) BODYPUMP (30) PILATES (30)	LES MILLS CXWORX (30)	LES MILLS SH'BAM (45)
18H15					ABDO/DOS (30)
18H30	LES MILLS (60) BODYATTACK (45) LES MILLS (45) BODYBALANCE		STRETCH (30)	LES MILLS BODYBALANCE (60)	
18H45		PILATES STRETCH (45)		LES MILLS BODYATTACK (45)	LES MILLS (45) BODYPUMP (30) STRETCH (30)
19H00		LES MILLS (30) CXWORX (30) STEP (30)	LES MILLS BODYCOMBAT (45)		
19H15					
19H30	LES MILLS (45) BODYPUMP (30) STRETCH (30)	LES MILLS SH'BAM (45) YOGA (45)		ABDO/STRECH (30)	
19H45			Zumba (60)		

SAMEDI	
10H30	LES MILLS BODYPUMP (60)
11H30	LES MILLS (45) BODYBALANCE ZUMBA (60)

DIMANCHE	
11H00	TFAC (30)
11H30	STRETCH (30)

### HIT'30 / TRX / HBX (1€)

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
12H25		HIT'30			HIT'30
12H30			HBX BOXING	HBX BOXING	
17H30	HBX BOXING				
18H00		HBX BOXING			
19H00		TRX			
19H15					HIT'30
19H30		FUNCTIONAL TRAINING			
19H45	HIT'30			HBX BOXING	
20H00			HBX BOXING		

### LES MILLS RPM

	LUNDI	MARDI	MERCREDI	JEUDI	SAMEDI
9H30					LES MILLS RPM
12H30		LES MILLS RPM		LES MILLS RPM	
17H30		LES MILLS RPM			
17H45					
18H00			LES MILLS RPM	LES MILLS RPM	
18H15	LES MILLS RPM				
18H45		LES MILLS RPM			
19H15	LES MILLS RPM		LES MILLS RPM	LES MILLS RPM	

SUR  
RÉSERVATION

AVÉC  
COACH