

| | 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 | |

S U R R É S E R V A T I O N

A V E C C O A C H