

LUNDI

REFORMER

8H30-9H30

SWISS BALL

9H45-10H15

STRETCHING

10H15-10H45

HIIT TRAINING

12H30-13H15

REFORMER

12H30-13H30

ACTI PUMP

18H-19H

IRON FORM

18H-19H

BIKING

19H-20H

IRON FORM

19H-20H

ZUMBA

19H15-20H

DANCE REMIX

20H-20H30

MARDI

BODY SCULPT

9H30-10H30

PILATES

10H30-11H30

CIRCUIT C.A.F

18H-18H30

100% ABDOS

18H30-19H

CROSS TRAINING

19H-20H

STEP

19H-20H

MERCREDI

POUND

9H30-10H

C.A.F

10H-10H30

REFORMER

11H30-12H30

REFORMER

16H45-17H45

ACTI PUMP

18H-19H

POUND

19H-19H45

CROSS TRAINING

19H-19H45

STRETCHING

19H45-20H15

JEUDI

ACTI PUMP

9H30-10H30

REFORMER

17H45-18H45

RENFO TRAINING

18H-18H45

BIKING

18H45-19H30

IRON FORM

19H-20H

BODY ZEN

19H30-20H15

VENDREDI

GYM TONIC

9H30-10H

STRETCHING

10H-10H30

HIIT TRAINING

12H30-13H30

C.A.F

18H-18H30

ACTI ATTACK

18H30-19H15

BIKING

19H15-20H

SAMEDI

REFORMER

10H-11H

KIDS TRAINING

10H-11H

REFORMER

11H-12H

KIDS TRAINING

11H-12H

DIMANCHE

ACTI COMBAT

10H-11H

BODY ZEN

11H-12H

STRETCHING

12H-12H30