

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
8h00 (45') SMALL GROUP TRAINING	8h00 (45') SMALL GROUP TRAINING					
10h00 (30') BODYSCULPT		10h00 (30') SPÉCIAL DOS			10h00 (30') ABDOS FESSIERS	10h00 (45') PILATES
10h30 (30') PILATES	10h30 (45') LES MILLS RPM	10h30 (30') CUISSES ABDOS FESSIERS	10h30 (45') PILATES	10h30 (45') LES MILLS BODYPUMP	10h30 (45') LES MILLS BODYPUMP	10h45 (60') HATHA YOGA
11h00 (30') STRETCHING		11h00 (30') STRETCHING	11h15 (30') BODYSCULPT		11h15 (45') LES MILLS RPM	10h45 (30') CUISSES ABDOS FESSIERS
	12h15 (45') LES MILLS BODYPUMP		12h15 (45') LES MILLS BODYPUMP	12h15 (45') CIRCUIT TRAINING	11h15 (60') ZUMBA	11h15 (30') BODYSCULPT
12h30 (45') LES MILLS RPM	13h00 (30') CARDIO ATTACK	12h30 (45') PILATES	13h00 (30') LES MILLS RPM	13h00 (30') CUISSES FESSIERS	12h00 (30') MOBILITE	11h45 (45') STEP AFRO
18h15 (30') PILATES	18h00 (30') CUISSES ABDOS FESSIERS	18h15 (30') PILATES	18h15 (60') LES MILLS BODYPUMP	18h15 (45') CROSS TRAINING		
18h45 (45') LES MILLS BODYPUMP	18h30 (45') CROSS TRAINING	18h45 (30') HIIT	19h15 (60') CARDIO ATTACK	19h00 (45') BODYSCULPT		
19h30 (45') CARDIO COMBAT	19h15 (45') LES MILLS BODYPUMP	19h15 (60') YOGA VINYASA	19h15 (60') ZUMBA	19h45 (45') LES MILLS RPM		
19h45 (60') YOGA VINYASA	20h00 (45') PILATES	19h15 (30') BODYSCULPT				
20h15 (45') LES MILLS RPM		19h45 (45') STEP AFRO	20h15 (60') CARDIO STEP			

HORAIRES DU CLUB

LUNDI À JEUDI

7H00 - 22H00

VENDREDI

7H00 - 21H00

SAMEDI

9H00 - 19H00

DIMANCHE

9H00 - 17H00

07 85 06 57 20

RESERVATION LesMills, Yoga, Pilates SUR L'APP CLUB CONNECT

À PARTIR DE 8H LA SEMAINE / 9H LE WEEK END