

PLANNING COURS COLLECTIFS

★ ACCESSIBLE AVEC ABONNEMENT ESSENTIAL & PRIVILEGE



LUNDI

- 10h15 (30') **BODYSULPT**
- 10h45 (45') **PILATES MAT** ★
- 11h30 (30') **STRETCHING**
- 12h30 (45') **LES MILLS RPM** ★
- 18h30 (30') **PILATES MAT** ★
- 19h00 (60') **LES MILLS BODYPUMP** ★
- 19h00 (45') **HYROX TRAINING** ★
- 20h00 (30') **HIIT**
- 20h00 (60') **YOGA VINYASA** ★
- 20h30 (90') **KRAV MAGA** ★ 
- 20h30 (45') **LES MILLS RPM** ★


MARDI

- 10h00 (30') **CUISSES ABDOS FESSIERS**
- 10h30 (30') **MOBILITÉ**
- 12h30 (45') **CIRCUIT TRAINING**
- 18h00 (30') **CUISSES ABDOS FESSIERS**
- 18h30 (45') **FUNCTIONAL TRAINING**
- 19h15 (45') **LES MILLS BODYPUMP** ★
- 20h00 (30') **MOBILITE**
- 20h00 (45') **HYROX TRAINING** ★ 

MERCREDI

- 10h00 (45') **SMALL GROUP TRAINING**
- 12h30 (45') **HYROX TRAINING** ★ 
- 18h00 (45') **PILATES MAT** ★
- 18h45 (30') **HIIT**
- 19h15 (45') **BODYSULPT**
- 20h00 (45') **STEP AFRO**
- 20h15 (90') **KRAV MAGA** ★ 


JEUDI

- 09h30 (30') **BODYSULPT**
- 10h00 (45') **PILATES MAT** ★
- 10h45 (30') **CUISSES ABDOS FESSIERS**
- 11h15 (30') **STRETCHING**
- 12h30 (45') **MOBILITE**
- 18h00 (45') **CUISSES ABDOS FESSIERS**
- 18h45 (45') **LES MILLS BODYATTACK** ★
- 19h00 (60') **YOGA VINYASA** ★
- 19h30 (45') **LES MILLS BODYPUMP** ★
- 20h00 (45') **PILATES MAT** ★
- 20h15 (45') **ZUMBA** 

VENDREDI

- 10h30 (45') **LES MILLS BODYPUMP** ★
- 12h15 (45') **CIRCUIT TRAINING**
- 13h00 (30') **CUISSES FESSIERS**
- 18h15 (45') **CROSS TRAINING**
- 19h00 (45') **LES MILLS BODYPUMP** ★
- 19h45 (45') **LES MILLS RPM** ★

SAMEDI

- 09h45 (30') **ABDOS FESSIERS**
- 10h15 (30') **LES MILLS BODYATTACK** ★
- 10h45 (45') **LES MILLS BODYPUMP** ★
- 10h45 (60') **ZUMBA** 
- 11h30 (45') **LES MILLS RPM** ★
- 12h15 (45') **MOBILITE**

DIMANCHE

- 09h45 (45') **PILATES MAT** ★
- 10h45 (60') **HATHA YOGA** ★
- 10h30 (30') **CUISSES ABDOS FESSIERS**
- 11h00 (45') **BODYSULPT**
- 11h45 (45') **STEP AFRO**

INFOS DU CLUB

LUNDI À JEUDI	7H00 - 22H00
VENDREDI	7H00 - 21H00
SAMEDI	9H00 - 19H00
DIMANCHE	9H00 - 17H00

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 RESERVATION LesMills, Yoga, Pilates SUR L'APP CLUB CONNECT À PARTIR DE 8H LA SEMAINE / 9H LE WEEK END