

PLANNING COURS COLLECTIFS

CENTRAL FIT

CLUB DE SPORT

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

HORAIRES DU CLUB

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|---------------|--------------|
| 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