

PLANNING FITNESS CANNES MOUGINS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
MATIN	9h00 - 60' LES MILLS BODYPUMP	9h00 - 45' PILATES RING	9h00 - 45' BODYWORK	8h15 - 60' YOGA HATHA	9h00 - 45' PILATES MAT	9h15 - 50' SPINNING	10h00 - 45' LES MILLS BODYBALANCE
	10h00 - 30' LES MILLS CXWORX	9h45 - 45' PILATES FOAM	9h45 - 30' ABDO FESSIERS	9h15 - 50' LES MILLS RPM	9h45 - 45' PILATES RING	10h15 - 60' LES MILLS BODYPUMP	10h45 - 30' ABDO FESSIERS
	10h30 - 60' YOGA HATHA	10h30 - 45' STRETCHING	10h15 - 60' YOGA VINYASA	10h15 - 60' LES MILLS BODYPUMP	10h30 - 45' STRETCHING	11h15 - 60' STRONG <small>BY ZUMBA</small>	11h15 - 50' SPINNING
MIDI	12h30 - 50' LES MILLS RPM	12h30 - 60' ZUMBA	12h30 - 60' LES MILLS BODYPUMP	12h30 - 30' LES MILLS RPM	12h30 - 30' CROSS TRAINING		FIT N ESS CANNES MOUGINS
	13h30 - 30' ABDO FESSIERS	12h30 - 50' SPINNING / RPM		13h00 - 30' LES MILLS CXWORX	13h00 - 30' LES MILLS CXWORX		
APRES-MIDI	14h30 - 45' PILATES FOAM		14h30 - 60' LES MILLS BODYBALANCE	14h30 - 45' PILATES MAT		14h30 - 45' PILATES MAT	
	15h15 - 45' STRETCHING			15h15 - 45' STRETCHING		15h15 - 45' STRETCHING	
	17h00 - 30' LES MILLS CXWORX	17h15 - 45' STEP NIV 1-2				16h00 - 75' YOGA VINYASA	
	17h30 - 30' LES MILLS BODYBALANCE	18h00 - 60' LES MILLS BODYPUMP	17h15 - 60' LES MILLS BODYPUMP	17h30 - 45' LES MILLS BODYBALANCE	17h30 - 45' LES MILLS BODYPUMP		
	18h00 - 60' LES MILLS BODYJAM	19h00 - 60' LES MILLS BODYCOMBAT	18h15 - 60' STEP NIV 2-3	18h15 - 30' LES MILLS CXWORX	18h15 - 45' LIA		
	18h15 - 50' LES MILLS RPM	19h05 - 50' LES MILLS RPM	18h30 - 50' LES MILLS RPM	18h45 - 60' LES MILLS BODYCOMBAT	18h20 - 50' LES MILLS RPM		
SOIR	19h00 - 60' LES MILLS BODYATTACK	20h00 - 30' LES MILLS CXWORX	19h15 - 30' ABDO FESSIERS		19h00 - 45' LES MILLS BODYJAM		
	20h00 - 60' YOGA VINYASA	20h30 - 45' LES MILLS BODYBALANCE	19h45 - 60' LES MILLS BODYJAM				

HORAIRE D'OUVERTURE : LUNDI AU VENDREDI 8H - 21H30 / SAMEDI 9H - 19H / DIMANCHE 9H - 13H