

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI


SAMEDI

MATIN


MIDI

SOIR

BODY SCULPT

10H45 


PILATES

12H15 

ZUMBA

 13H00 


CIRCUIT CARDIO

12H15 

SWISS BALL

13H00 

BODY SCULPT

18H15 

ZUMBA

 19H00 


CARDIO FIGHT

19H45 

BOXE

20H30 

STRETCHING

18H15 

STEP

19H00 

BODY BARRE

19H45 

BOXE ENFANT

17H00 

BOXE

18H00 

K-STEP

19H00 


CROSS TRAINING

20H10 

CAF

12H15 

BODY ZEN

13H00 

PILATES

18H15 


ZUMBA

 19H00 

CAF

19H45 


YOGA

20H30 

MOBILITÉ/
SOUPLESSE

10H45 


SPÉCIAL GAINAGE

12H15 

CIRCUIT CARDIO

13H00 

SWISS BALL

18H15 

CARDIO JUMP

19H00 

BODY SCULPT

19H45 

STEP

20H30 

PILATES
BALLON

10H00 

FONCTIONNAL STEP

11H00 

BODY BARRE

11H45 

PLANNING
FITNESS

GIET'
STUDIO