

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

Oubmoving

9h45 60'  
Total Body10h45 45'  
BodyZen12h30 45'  
Suspension Training13h15 15'  
Stretching17h30 30'  
Total Body18h00 45'  
FitCombat18h45 60'  
19h45 45'  
20h30 30'  
Your Challenge9h45 30'  
Swiss Ball10h15 60'  
12h30 60'  
17h 30' 17h30 30'  
C.A.F. Lady Moving17h30 60' 18h00 30'  
 Lady Moving18h30 60' 18h30 60'  
 19h30 45'  
FIT COMBAT20h15 60'  
9h45 45'  
L.I.A.10h15 45'  
Body Fitness11h00 45'  
Relaxation-Stretching12h30 60'  
17h 30'  
STEP17h30 60'  
18h30 60'  
Your Challenge19h30 60'  
20h30 30'  
Stretching9h45 60'  
10h45 30'  
Abdos Fessiers11h15 45'  
BodyZen12h30 45'  
Total Body13h15 15'  
Relaxation Stretching17h30 30' 17h30 60'  
L.I.A. 18h00 30'  
Abdos Fessiers18h30 45'  
STEP19h15 60'  
20h15 60'  
9h45 45'  
Abdos Fessiers10h30 60'  
11h45 30'  
Grit Cardio

Horaires d'ouverture

Lundi  
12h00 - 22h00Mardi au vendredi  
9h30 - 22h00Samedi  
9h30 - 18h00Dimanche  
9h30 - 13h00

RTE