

PLANNING DES COURS STUDIOS 1 & 3

LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI		SAMEDI		DIMANCHE
STUDIO 1	STUDIO 3	STUDIO 1	STUDIO 3	STUDIO 1	STUDIO 3	STUDIO 1	STUDIO 3	STUDIO 1	STUDIO 3	STUDIO 1	STUDIO 3	STUDIO 1
9h30 (45') LES MILLS BODYBALANCE				9h45 (60') PILATES 2								
10h15 (45') BODYSULPT		10h00 (30') LES MILLS BODYCOMBAT		10h45 (30') ÉTIREMENTS		10h00 (60') LES MILLS BODYPUMP		10h00 (60') ZUMBA FINESSE		10h00 (60') LES MILLS BODYPUMP		10h45 (45') LES MILLS BODYPUMP
11h00 (45') EASY STEP		10h30 (30') BUSTE BRAS		11h15 (30') CUISSES FESSIERS		11h05 (25') CORE TRAINING		11h00 (30') CUISSES FESSIERS		11h05 (25') CORE TRAINING		11h30 (45') LES MILLS BODYATTACK
11h45 (30') ZUMBA FINESSE		11h00 (30') CUISSES FESSIERS		11h45 (25') CORE TRAINING				11h30 (45') LES MILLS BODYBALANCE		11h30 (45') STEP FUN		
		11h30 (45') LES MILLS BODYBALANCE		12h15 (45') X-TRAINING								
		12h15 (45') LES MILLS BODYPUMP		13h00 (60') PILATES 1								
14h30 (60') LES MILLS BODYPUMP				15h30 (60') LES MILLS BODYBALANCE						14h00 (60') ZUMBA FINESSE		
						16h00 (60') SOPHROLOGIE						
		17h30 (30') CUISSES FESSIERS		17h30 (30') CUISSES FESSIERS		17h00 (60') PILATES 2/3				15h45 (45') LES MILLS BODYCOMBAT		15h00 (45') CUISSES ABDO FESSIERS
17h00 (60') YOGA	17h15 (45') BOXE BAG*	18h00 (25') CORE TRAINING		18h00 (45') LES MILLS BODYPUMP	18h00 (45') BOXE BAG*	18h00 (60') PILATES 1	18h00 (30') ÉTIREMENTS	17h45 (30') EASY STEP				
18h10 (45') STEP FUN		18h30 (45') LES MILLS BODYATTACK	18h30 (60') MUAY THAI*	18h50 (25') CORE TRAINING			18h30 (25') CORE TRAINING	18h15 (45') STEP FUN				
19h00 (60') LES MILLS BODYCOMBAT	19h00 (55') AERO	19h15 (45') LES MILLS BODYBALANCE	19h30 (30') CUISSES FESSIERS	19h15 (60') LES MILLS BODYATTACK		19h00 (60') LES MILLS BODYPUMP	19h00 (60') BOXE ANGLAISE*	19h00 (55') ZUMBA FINESSE				
20h00 (45') LES MILLS BODYPUMP	20h00 (60') LES MILLS BODYBALANCE	20h00 (45') ZUMBA FINESSE	20h00 (45') BOXE BAG*	20h15 (45') LES MILLS BODYCOMBAT	20h00 (45') Auto massage	20h05 (55') STEP CARDIO	20h00 (60') KICK BOXING*	20h00 (60') YOGA		20h00 (45') BOXE BAG*		

* Inclus dans les abonnements Fit'Aqua, All Inclusive et Cross/Boxe

Clubmoving