

cours COLLECTIFS

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI
12H00	ABDOS FESSIERS 30'	TRX 30'	BIKING 30'	FUNCTIONAL TRAINING 30'	ZUMBA 30'
12H30	STEP 45'	BODY PUMP 45'	CAF 45'	KOH-LANTA 45'	PILATES & STRETCH 45'
Après-Midi					
18H00	FUNCTIONAL TRAINING 30'	BODY FIGHT 45'	FUNCTIONAL TRAINING 30'	FUNCTIONAL TRAINING 45'	TRX 30'
18H30	BODY PUMP 45'	TRX 30'	STEP 45'	PILATES & STRETCH 45'	BODY PUMP 45'
18H45	BODY PUMP 45'	TRX 30'	STEP 45'	PILATES & STRETCH 45'	BODY PUMP 45'
19H00	BIKING 30'	STRETCHING 30'	STRETCHING 30'	PILATES & STRETCH 45'	PILATES & STRETCH 30'
19H15	BIKING 30'	STRETCHING 30'	STRETCHING 30'	PILATES & STRETCH 45'	PILATES & STRETCH 30'
19H30	BIKING 30'	STRETCHING 30'	STRETCHING 30'	PILATES & STRETCH 45'	PILATES & STRETCH 30'
19H45	BIKING 30'	STRETCHING 30'	STRETCHING 30'	PILATES & STRETCH 45'	PILATES & STRETCH 30'

sports de COMBAT

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI
11H00						ACCÈS LIBRE 60'
11H45						ACCÈS LIBRE 60'
12H30	ACCÈS LIBRE 45'	MUAY THAI 45'	ACCÈS LIBRE 45'	MUAY THAI 45'	ACCÈS LIBRE 45'	
13H15			MUAY THAI ENFANTS 45'			
Après-Midi						
14H00						
Pause						
17H00	ACCÈS LIBRE 60'	ACCÈS LIBRE 60'	ACCÈS LIBRE 60'	ACCÈS LIBRE 60'	ACCÈS LIBRE 60'	
18H00	MUAY THAI 90'	GRAPPLING 60'	BOXE ANGLAISE 60'	GRAPPLING 60'	MUAY THAI 90'	
18H30	MUAY THAI 90'	GRAPPLING 60'	BOXE ANGLAISE 60'	GRAPPLING 60'	MUAY THAI 90'	
18H45	MUAY THAI 90'	GRAPPLING 60'	BOXE ANGLAISE 60'	GRAPPLING 60'	MUAY THAI 90'	
19H00	MUAY THAI 90'	GRAPPLING 60'	PANCRACE 60'	GRAPPLING 60'	MUAY THAI 90'	
19H15	MUAY THAI 90'	GRAPPLING 60'	PANCRACE 60'	GRAPPLING 60'	MUAY THAI 90'	
19H30	MUAY THAI 90'	GRAPPLING 60'	PANCRACE 60'	GRAPPLING 60'	MUAY THAI 90'	
19H45	MUAY THAI 90'	GRAPPLING 60'	PANCRACE 60'	GRAPPLING 60'	MUAY THAI 90'	
20H00	MUAY THAI 90'	GRAPPLING 60'	PANCRACE 60'	GRAPPLING 60'	MUAY THAI 90'	
20H30	MUAY THAI 90'	GRAPPLING 60'	PANCRACE 60'	GRAPPLING 60'	MUAY THAI 90'	
21H30	MUAY THAI 90'	GRAPPLING 60'	PANCRACE 60'	GRAPPLING 60'	MUAY THAI 90'	
22H00	MUAY THAI 90'	GRAPPLING 60'	PANCRACE 60'	GRAPPLING 60'	MUAY THAI 90'	

OUVERT 7J/7 de 7H à 22H30



suivez-nous
SUR FACEBOOK !

LES MILLS
BODYATTACK

LES MILLS
BODYPUMP

ZUMBA