



# VOS COURS COLLECTIFS

DU 03/07 AU 30/07

## OUVERT

6H - 23H  
7 JOURS/7  
365 JOURS/365

- RENFO
- CARDIO
- FUN
- POSTURAL

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
10 <sup>h</sup> 00	LES MILLS BODYATTACK 45'	CUISSES / ABDOS / FESSIERS 45'	PILATES 45'	LES MILLS BODYPUMP 60'	LES MILLS SH'BAM 45'	LES MILLS BODYATTACK 45'
10 <sup>h</sup> 45	FLASH ABDOS 15'	LES MILLS BODYBALANCE 45'			CUISSES / ABDOS / FESSIERS 30'	CUISSES / ABDOS / FESSIERS 30'
12 <sup>h</sup> 30	LES MILLS RPM 45'	LES MILLS BODYPUMP 45'	LES MILLS RPM 45'	STEP 45'	TRAINING 30'	
18 <sup>h</sup> 30	CUISSES / ABDOS / FESSIERS 45'	STEP 45'	LES MILLS BODYPUMP 45'	LES MILLS RPM 45'	ZUMBA FITNESS 45'	
19 <sup>h</sup> 15	LES MILLS RPM 45'	45' LES MILLS SH'BAM 45' LES MILLS RPM	LES MILLS BODYBALANCE 45'	LES MILLS BODYATTACK 60'	CROSS TRAINING 30'	

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	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
10H	LES MILLS BODYATTACK 45'	wake up form Abdos Fessiers 45'	wake up form Pilates 45'	LES MILLS BODYPUMP 60'	LES MILLS SH'BAM 45'	LES MILLS BODYATTACK 45'
10H45	wake up form Flash abdos 15'	wake up form Stretching 30'	wake up form Training 30'		wake up form Stretching 30'	wake up form Abdos Fessiers 30'
12H30		LES MILLS BODYPUMP 45'		wake up form Step 45'	wake up form Training 30'	
17H45	wake up form Abdos Fessiers 45'	wake up form Step 45'	wake up form Abdos Fessiers 45'	LES MILLS BODYCOMBAT 45'		
18H30	LES MILLS BODYCOMBAT 60'	LES MILLS SH'BAM 45'	ZUMBA 60'	LES MILLS BODYATTACK 60'	LES MILLS BODYPUMP 60'	
19H30		LES MILLS BODYATTACK 60'	LES MILLS BODYPUMP 45'	wake up form Training 30'	ZUMBA 45'	