Planning - Studio fitness

Lundi

CAF
10H00 – 11H00 1H

LesMILLS BODYPUMP
12H30 – 13H15

BODYSCULPT
17H25 – 18H10

LesMILLS BODYPUMP
18H25 – 19H10

LesMILLS BODYCOMBAT
19H15 – 20H00

Mardi

BODYSCULPT
12H35 – 13H20

CAF
17H25 – 18H10

LesMILLS BODYATTACK
18H25 – 19H10

CIRCUIT TRAINING
19H30 – 20H15

Mercredi

BOOTY
10H00 – 10H45

CIRCUIT TRAINING
12H30 – 13H00

CIRCUIT TRAINING
17H25 – 18H10

LesMILLS BODYPUMP
18H25 – 19H10

CAF
19H2O – 20H05

Jeudi

100% ABDOS Nouveauté
10H00 – 10H45

CAF
17H25 – 18H10

DANSE
18H20 – 19H05

LesMILLS BODYPUMP
19H15 – 20H00

Vendredi

BODYSCULPT
10H00 – 11H00 1H

CAF
12H30 – 13H15

CIRCUIT TRAINING
17H45 – 18H30

Samedi

LesMILLS BODYPUMP
10H00 – 10H45

Dimanche

CIRCUIT TRAINING
10H00 – 10H45

onebreak
reprends ton souffle

Planning - Studio athletic

Lundi

- CROSS TRAINING
  12H25 – 13H10
- ATHLETIC HYROX
  17H30 – 18H15
- ATHLETIC TRAINING
  18H30 – 19H15
- CROSS TRAINING
  19H30 – 20H15

Mardi

- CROSS TRAINING
  07H15 – 08H15 1H
- ATHLETIC TRAINING
  12H30 – 13H15
- ATHLETIC TRAINING
  17H30 – 18H15
- ATHLETIC HYROX
  18H30 – 19H15
- ATHLETIC HYROX
  19H30 – 20H15

Mercredi

- CROSS TRAINING
  12H30 – 13H15
- CROSS TRAINING
  17H30 – 18H15
- ATHLETIC HYROX
  18H30 – 19H15
- ATHLETIC TRAINING
  19H30 – 20H15

Jeudi

- ATHLETIC HYROX
  07H15 – 08H15 1H
- ATHLETIC HYROX
  12H35 – 13H20
- CROSS TRAINING
  17H45 – 18H30
- CROSS TRAINING
  18H45 – 19H30

Vendredi

- ATHLETIC TRAINING
  11H30 – 12H15
- ATHLETIC HYROX
  12H30 – 13H15
- ATHLETIC HYROX
  18H00 – 19H00 1H

Samedi

- ATHLETIC HYROX
  11H00 – 12H00 1H

Dimanche

- ATHLETIC TRAINING
  11H15 – 12H00

onebreak
reprends ton souffle

Planning - Studio bien etre

Lundi

LesMILLS
BODYBALANCE
12H35 – 13H20

GYMBALL
18H20 – 19H05

PILATES
19H15 – 20H00

Mardi

PILATES
10H00 – 11H00 1H

YOGA
18H15 – 19H15 1H

Mercredi

STRETCHING *
10H55 – 11H40

PILATES
12H35 – 13H20

PILATES
17H30 – 18H15

LesMILLS
BODYBALANCE
19H20 – 20H05

Jeudi

GYMBALL
12H30 – 13H15

YOGA
19H00 – 20H00 1H

Vendredi

YOGA Nouveauté
12H30 – 13H15

STRETCHING *
19H05 – 19H50

Samedi

GYMBALL
11H00 – 11H45

Dimanche

YOGA
11H00 – 12H00

* Inclus dans toutes les formules
Accessible à tous

onebreak
reprends ton souffle

Planning - Studio cycling

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
RPM LesMills 12H25 – 13H10	RPM LesMills 12H25 – 13H10		RPM LesMills 12H30 – 13H15		RPM LesMills 12H00 – 12H45
RPM LesMills 18H00 – 18H45					
	RPM LesMills 18H30 – 19H15	RPM LesMills 18H25 – 19H10	RPM LesMills 18H15 – 19H00		
				RPM LesMills 18H45 – 19H30	

onebreak
reprends ton souffle