

Planning - Studio fitness

Lundi

CAF

10H00 – 11H00 

LES MILLS
BODYPUMP
12H30 – 13H15

BODYSCULPT
17H25 – 18H10

LES MILLS
BODYPUMP
18H25 – 19H10

LES MILLS
BODYCOMBAT
19H15 – 20H00

Mardi

BODYSCULPT
12H35 – 13H20

CAF
17H25 – 18H10

LES MILLS
BODYATTACK
18H25 – 19H10

CIRCUIT TRAINING
19H30 – 20H15

Mercredi

BOOTY
10H00 – 10H45

CIRCUIT TRAINING
12H30 – 13H00

CIRCUIT TRAINING
17H25 – 18H10 

LES MILLS
BODYPUMP
18H25 – 19H10

CAF 
19H20 – 20H05

Jeudi

CAF
10H30 – 11H15

CAF
17H25 – 18H10

ZUMBA 
18H20 – 19H05

LES MILLS
BODYPUMP
19H15 – 20H00

Vendredi

BODYSCULPT
10H00 – 11H00 

CAF
12H30 – 13H15

CIRCUIT TRAINING
17H45 – 18H30

Samedi

LES MILLS
BODYPUMP
10H00 – 10H45

Dimanche

CIRCUIT TRAINING
10H00 – 10H45

onebreak
repréends ton souffle

Planning - Studio **athletic**

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

CROSS TRAINING
12H25 – 13H10

ATHLETIC TRAINING
12H30 – 13H15

CROSS TRAINING
12H30 – 13H15

ATHLETIC HYROX Nouveauté
12H35 – 13H20

ATHLETIC TRAINING
11H30 – 12H15

ATHLETIC HYROX
12H30 – 13H15

ATHLETIC HYROX
11H00 – 12H00 1h

Dimanche

ATHLETIC TRAINING
11H15 – 12H00

ATHLETIC HYROX
17H30 – 18H15

ATHLETIC TRAINING
17H30 – 18H15

CROSS TRAINING
17H30 – 18H15

CROSS TRAINING
17H45 – 18H30

ATHLETIC TRAINING
18H30 – 19H15

ATHLETIC HYROX
18H30 – 19H15

ATHLETIC HYROX
18H30 – 19H15

RUN TRAINING*
18H30 – 19H30 1h

CROSS TRAINING
19H30 – 20H15

ATHLETIC HYROX
19H30 – 20H15

ATHLETIC TRAINING
19H30 – 20H15

CROSS TRAINING
18H45 – 19H30

ATHLETIC HYROX
18H00 – 19H00 1h

- Cours de **running spécifique** en extérieur (inclus dans la formule **Total Illimitée**. Les adhérents des autres formules peuvent y accéder en achetant un crédit de 5 €.

onebreak
reprends ton souffle

Planning - Studio **bien etre**

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

PILATES
10H00 – 11H00 

STRETCHING *
10H55 – 11H40

LES MILLS
BODYBALANCE Nouveauté
11H30 – 12H15

GYMBALL
11H00 – 11H45

LES MILLS
BODYBALANCE
12H35 – 13H20

PILATES
12H35 – 13H20

GYMBALL
12H30 – 13H15

YOGA
12H25 – 13H10

Dimanche

GYMBALL
18H20 – 19H05

YOGA
18H15 – 19H15 

PILATES
17H30 – 18H15

YOGA
11H00 – 12H00

PILATES
19H15 – 20H00

LES MILLS
BODYBALANCE
19H20 – 20H05

YOGA
19H00 – 20H00 

STRETCHING *
19H05 – 19H50

* Inclus dans toutes les formules
Accessible à tous

Planning - Studio *cycling*

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

RPM LESMILLS
12H25 – 13H10

RPM LESMILLS
12H25 – 13H10

RPM LESMILLS Nouveauté
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

RPM LESMILLS
19H15 – 20H00