

PLANNING DES COURS STUDIO 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
10h00 (45') BODYSCLPT		10h00 (30') BUSTE BRAS		9h45 (60') PILATES 2		10h00 (60') LES MILLS BODYPUMP		10h00 (45') ZUMBA		10h00 (60') LES MILLS BODYPUMP		
10h45 (45') EASY STEP		10h30 (30') ABDOS FESSIERS		10h45 (30') ÉTIREMENTS		11h05 (25') CORE TRAINING		10h45 (30') CUISSES ABDOS FESSIERS		11h05 (25') CORE TRAINING		11h00 (45') LES MILLS BODYPUMP
11h30 (45') LES MILLS BODYBALANCE		11h00 (30') ÉTIREMENTS		11h15 (30') CUISSES FESSIERS				11h15 (60') YOGA VINYASA		11h30 (45') STEP FUN		11h45 (45') LES MILLS BODYBALANCE
		11h30 (40') LES MILLS BODYCOMBAT		11h45 (25') CORE TRAINING				12h15 (45') X-TRAINING				
		12h15 (45') LES MILLS BODYPUMP		12h15 (45') X-TRAINING								
				13h00 (60') PILATES 1								
14h30 (60') LES MILLS BODYPUMP												
						16h00 (60') SOPHROLOGIE						
						17h00 (60') PILATES 2/3				14h00 (75') ZUMBA		
										15h15 (45') CUISSES ABDOS FESSIERS		
17h00 (60') YOGA VINYASA	17h15 (45') BOXE BAG*	18h00 (25') CORE TRAINING		17h45 (45') LES MILLS BODYBALANCE	18h00 (45') BOXE BAG*			18h00 (60') PILATES 1	18h00 (30') ÉTIREMENTS	17h45 (45') STEP FUN		
18h10 (45') STEP FUN		18h30 (45') LES MILLS BODYPUMP	18h30 (60') MUAY THAI*	18h30 (45') ZUMBA				18h30 (25') CORE TRAINING		18h30 (45') CUISSES ABDOS FESSIERS		
19h00 (60') LES MILLS BODYCOMBAT	19h05 (50') AERO	19h15 (45') LES MILLS BODYATTACK		19h20 (25') CORE TRAINING				19h00 (60') LES MILLS BODYPUMP	19h00 (30') PILATES ACCES 2	19h15 (45') ZUMBA		
20h00 (45') LES MILLS BODYPUMP	20h00 (60') LES MILLS BODYBALANCE			19h45 (60') LES MILLS BODYATTACK	20h00 (45') AUTOMASSAGE			20h00 (55') STEP CARDIO	19h40 (90') KICK BOXING*	20h00 (45') LES MILLS BODYCOMBAT		

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