



Programme des cours à partir du lundi 20 septembre 2021

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
08:30 - 09:30 LES MILLS BODYBALANCE	08:30 - 09:30 LES MILLS BODYCOMBAT	08:30 - 09:30 LES MILLS CXWORX	08:30 - 09:30 LES MILLS SH'BAM	08:30 - 09:30 LES MILLS BODYPUMP		
09:30 - 10:30 LATINO JAM	09:30 - 10:30 FUNCTIONAL FLOW	09:30 - 10:30 HIIT + ABDOS / FESSIERS	09:30 - 10:30 BODYSHAPE	09:30 - 10:30 DANCE	09:30 - 10:30 PILATES	09:30 - 10:30 LES MILLS BODYPUMP
10:30 - 11:30 YOGA	10:30 - 11:30 STRETCHING	10:30 - 11:30 FLOW PILATES	10:30 - 11:30 LES MILLS BODYPUMP	10:30 - 11:30 PILATES	10:30 - 11:30 GROUP CYCLE	10:30 - 11:30 GROUP CYCLE
12:15 - 13:00 LES MILLS BODYPUMP	12:15 - 13:00 LES MILLS RPM	12:30 - 13:15 FIT BACK	12:15 - 13:00 LES MILLS RPM	12:15 - 13:00 LES MILLS BODYCOMBAT	12:15 - 13:00 LES MILLS SH'BAM	12:15 - 13:00 LES MILLS BODYBALANCE
17:00 - 18:00 LES MILLS BODYCOMBAT	17:00 - 18:00 LES MILLS BODYBALANCE	17:00 - 18:00 LES MILLS BODYPUMP	17:00 - 18:00 LES MILLS SH'BAM	17:00 - 18:00 LES MILLS CXWORX	17:00 - 18:00 LES MILLS sprint	17:00 - 18:00 LES MILLS RPM
18:00 - 18:30 ABDO KILLER						
18:30 - 19:30 BODYSHAPE	18:30 - 19:30 LES MILLS BODYPUMP	18:30 - 19:30 CORE & STRETCH	18:30 - 19:00 HIIT 19:00 - 19:45 GROUP CYCLE	18:30 - 19:30 YOGA		
19:30 - 20:30 STRETCHING	19:30 - 20:30 PILATES	19:30 - 20:30 LATINO JAM				