



Programme des cours à partir du 15 juin 2022

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
08:30 - 09:30 LesMILLS BODYBALANCE	08:30 - 09:30 LesMILLS BODYCOMBAT	08:30 - 09:30 LesMILLS CXWORX	08:30 - 09:30 LesMILLS SH'BAM	08:30 - 09:30 LesMILLS RPM		
09:30 - 10:30 LATINO JAM	09:30 - 10:30 FUNCTIONAL FLOW	09:30 - 10:30 GINGA DANCE	09:30 - 10:30 BODYSHAPE	09:30 - 10:30 LES MILLS BODYPUMP	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 SOPHROFLOW	10:30 - 11:30 PILATES	10:30 - 11:30 DANCE	10:30 - 11:30 GROUP CYCLE	10:30 - 11:30 GROUP CYCLE
12:15 - 13:00 LES MILLS BODYPUMP	12:15 - 13:00 LesMILLS RPM	12:30 - 13:15 FIT BACK Gym de Dos	12:15 - 13:00 LesMILLS RPM	12:15 - 13:00 LesMILLS BODYCOMBAT	12:15 - 13:00 LesMILLS SH'BAM	12:15 - 13:00 LesMILLS BODYBALANCE
17:00 - 18:00 LesMILLS BODYCOMBAT	17:00 - 18:00 LesMILLS BODYBALANCE	17:00 - 18:00 LesMILLS BODYPUMP	17:00 - 18:00 LesMILLS SH'BAM	17:00 - 18:00 LesMILLS CXWORX	17:00 - 18:00 LesMILLS sprint	17:00 - 18:00 LesMILLS 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 GINGA DANCE		
19:30 - 20:30 STRETCHING	19:30 - 20:30 PILATES	19:30 - 20:30 LATINO JAM				