

PLANNING FITNESS SEPT 2025

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

08H30

PILATES

45'

YOGA

60'

C A F

45'

YOGA

60'

LES MILLS CORE

30'

CIRCUIT TRAINING

45'

9H00

BODYBALANCE

30'

9H15

ABDOS FLASH

30'

12H15

CAF

45'

WOD

45'

BODYPUMP

45'

LES MILLS CORE

45'

CIRCUIT TRAINING

45'

16H30

LEG BURN

30'

BODYATTACK

30'

TOTAL BURN

30'

BODYCOMBAT

60'

WOD

45'

17H00

BODYJAM

45'

BODYPUMP

45'

STREET STEP

45'

17H30

C A F

45'

17H15

BODYBALANCE

45'

18H00

BODYPUMP

45'

LES MILLS CORE

45'

BODYATTACK

45'

18H15

STRETCH

30'

18H45

BODYCOMBAT

45'

BODYBALANCE

30'

ABDOS FLASH

30'



Club agréé LESMILLS