

Μυρλ-Τηρι

CROSS fi

LESMILLS

CARDIO

CIRCUIT

LesMills

MEGA TRX

LESMILLS BODYCOMRAI

HIIT WORKOUT

LesMills AGUA

SPINNING

AQUA

BOXE

AQUA

Abdos Special

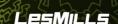
FERMETURE À 22H00

WE ARE BIGGER



PLANNING

FÈS dokkarat - MIXTE









AQUA

CROSS fit

STEP CARDIO

BOXE

CAF LasMills

AQUA

LesMills

ODYPUMP AQUA

Abdos Special

BOXE

STRETCHING

18H30

19H30

20H30

21H30

LESMILLS | MEGA

MEGA TRX

CARDIO

LesMills

CIRCUIT SPINNI

Sa R	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
		ouv	OUVERTURE À 08h00				
09Н00	RENFORCEMENT	C.A.F	TABATA	TAF	MEGA WOR€	TAF	
10Н00	BOXE	ZUMBA	AFRO DANCE	AFRO BEAT	LesMills RPM	SPINNING	CIRCUIT
		AQUA Gym		AQUA Bike			
11H00	Abdos Spécial	SPINNING	LesMills RPM	Lesmils BODYPUMP	PILOXING	ORIENTAL	Abdos Spécial
				AQUA Gym		AQUA Bike	
12H00	STRETCHING	YOGA	Lesmils BODYBALANCE	Extrem Abdos	C.A.F	PILATES	
		AQUA Dynamique		AQUA Ball		AQUA Fit	

REVEIL MUSCULAIRE

15H30	TAF	CIRCUIT	STEP CARDIO	CIRCUIT	Abdos Spécial	CARDIO ET ACCOMPAGNEMENT	
16H30	LesMills RPM	GYM BALL	MEGA ₩ORX	SPINNING	Lesmils BODYPUMP	CAF	
		AQUA Gym		AQUA Gym			
17H30	STEP	Lesmils RPM	C.A.F	BODYCOMBAT	SPINNING MEGA TRX	TABATA	TAF
		AQUA Fusion		AQUA Fusion			
18H30	GRIT	BODYPUMP	LesMills RPM	Gym BALL	LesMLLS BODYCOMBAT	YOGA	CROSS FIT
		AQUA Fit	Abdos Spécial	AQUA Fusion			
19H30	ZUMBA	ORIENTAL	YOGA	ORIENTAL	ZUMBA	AQUA Gym	
		AQUA Dynamique					

FERMETURE À 22h00

WE ARE BIGGER

(M) MEGA lady

PLANNING

FÈS dokkarat - FEMMES





Téléchargez votre planning ici

