

Programme Fitness

Fitness Program

16+



	SAM SAT	LUN MON	MAR TUE	MER WED	JEU THU	VEN FRI
08:45	Réveil musculaire	Réveil musculaire	Réveil musculaire	Réveil musculaire	Réveil musculaire	Réveil musculaire
09:15	LesMills Shapes	LesMills Shapes	LesMills Shapes	LesMills Shapes	LesMills Shapes	LesMills Shapes
10:00	LesMills Body Pump	Circuit training	LesMills Body Pump	Circuit training	LesMills Body Pump	Circuit training
11:00	Wellness Flow	LesMills Pilates	Wellness Flow	LesMills Pilates	Yoga Partner	LesMills Pilates
16:00	Step	Step	Step	Step	Step	Step
17:00	LesMills Pilates	Wellness Flow	LesMills Pilates	Wellness Flow	LesMills Pilates	Sunset Yoga Fitness
18:00	Stretching	Stretching	Stretching	Stretching	Stretching	Stretching

