

MATIN

MIDI

SOIR

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
MATIN	<p>9H45 – 10H45</p> <p>Pilates </p>	<p>9H45 – 10H15</p> <p>Cardio Training </p> <p>10H15 – 11H00</p> <p>Renforcement </p> <p>11H00 – 11H30</p> <p>Stretching </p>	<p>9H45 – 11H00</p> <p>Yoga </p>	<p>9H45 – 10H30</p> <p>Abdos Fessiers </p> <p>10H30 – 11H15</p> <p>Stretching </p>	<p>9H45 – 10H45</p> <p>Pilates </p> <p>10H45 – 11H30</p> <p>Cardio Training </p>	<p>9H30 – 10H30</p> <p>West Running </p> <p>10H00 – 11H00</p> <p>Renforcement </p> <p>11H00 – 11H40</p> <p>HIIT Elliptique </p>	<p>10H15 – 11H00</p> <p>Kids Training </p> <p>10H30 – 12H30</p> <p>Stages</p> <p>11H00 – 12H00</p> <p>Circuit Training </p>
MIDI	<p>12H15 – 12H45</p> <p>Abdos Fessiers </p> <p>12H45 – 13H15</p> <p>HIIT Biking </p> <p>12H30 – 13H20</p> <p>HIIT Training </p>	<p>12H15 – 13H15</p> <p>Yoga </p> <p>12H30 – 13H10</p> <p>TRX </p>	<p>12H15 – 13H00</p> <p>Biking </p> <p>12H15 – 13H00</p> <p>HIIT Abdos Fessiers </p>	<p>12H15 – 13H15</p> <p>Yoga </p> <p>12H30 – 13H20</p> <p>HIIT Training </p>	<p>12H15 – 12H45</p> <p>Abdos Fessiers </p> <p>12H45 – 13H15</p> <p>HIIT Biking </p>	<p>11H00 – 12H00</p> <p>Kids Training </p> <p>11H05 – 12H00</p> <p>ZUMBA </p> <p>12H05 – 13H00</p> <p>Pilates </p>	<p>12H15 – 12H45</p> <p>Step « Débutant » </p> <p>12H45 – 13H30</p> <p>Step « Intermédiaire » </p> <p>15H00 – 16H00</p> <p>Fit' Dance </p>
SOIR	<p>18H30 – 19H25</p> <p>BodyBarre </p> <p>18H45 – 19H15</p> <p>HIIT Biking </p> <p>19H30 – 20H30</p> <p>Pilates </p> <p>19H45 – 20H30</p> <p>Biking </p>	<p>18H30 – 19H00</p> <p>Abdos Fessiers </p> <p>18H30 – 19H00</p> <p>HIIT Biking </p> <p>19H00 – 19H45</p> <p>BodyBarre </p> <p>19H50 – 20H30</p> <p>TRX </p> <p>19H45 – 20H30</p> <p>ZUMBA </p> <p>20H35 – 21H50</p> <p>Yoga </p>	<p>18H30 – 19H15</p> <p>Cardio Training </p> <p>18H30 – 19H10</p> <p>HIIT Elliptique </p> <p>19H20 – 20H00</p> <p>HIIT Elliptique </p> <p>19H20 – 20H15</p> <p>BodyBarre </p> <p>19H30 – 20H30</p> <p>West Running </p> <p>20H20 – 21H00</p> <p>HIIT Biking </p>	<p>18H30 – 19H30</p> <p>BodyBarre </p> <p>18H45 – 19H25</p> <p>HIIT Elliptique </p> <p>19H30 – 20H00</p> <p>Abdos Fessiers </p> <p>19H30 – 20H10</p> <p>HIIT Elliptique </p> <p>20H00 – 20H45</p> <p>Stretching </p>	<p>18H30 – 19H00</p> <p>HIIT Training </p> <p>19H05 – 20H00</p> <p>Pilates </p> <p>20H05 – 20H35</p> <p>HIIT Biking </p> <p>20H05 – 21H20</p> <p>Yoga </p>	<p>13H05 – 14H00</p> <p>Yoga </p> <p>16H00 – 17H00</p> <p>Step </p> <p>17H00 – 18H00</p> <p>Fly Yoga </p>	<p>PLANNING PDF</p>

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Planning à partir du 2 janvier 2023
sujet à modifications sans préavis