STUDIO VIDA

LUNDI

- 10:30 - 11:15 — LesMills BODYPUMP
- 12:30 - 13:15 — TRX
- 18:30 - 19:15 — LesMills Shapes
- 19:15 - 20:00 — ZUMBA
- 20:00 - 20:45 — TRAINING

MARDI

- 09:30 - 10:15 — CORE
- 11:30 - 12:15 — TRX
- 17:45 - 18:30 — STEP INTER
- 18:30 - 19:15 — LesMills BODYPUMP

MERCREDI

- 10:30 - 11:15 — ZUMBA
- 17:45 - 18:30 — LesMills Shapes
- 18:30 - 19:15 — LesMills BODYCOMBAT
- 19:30 - 20:15 — BOOTY

JEUDI

- 11:45 - 12:15 — TRAINING
- 17:45 - 18:30 — TRX
- 18:30 - 19:15 — STEP EASY
- 19:30 - 20:15 — LesMills BODYPUMP

VENDREDI

- 10:30 - 11:15 — LesMills Shapes
- 17:45 - 18:30 — TRAINING
- 19:15 - 20:00 — TRX

SAMEDI

- 09:30 - 10:00 — CORE

STUDIO VIDA

LUNDI

- 10:30 - 11:15 — LesMills THE TRIP VIRTUAL
- 12:30 - 13:15 — LesMills THE TRIP VIRTUAL

ET PROFITEZ DE NOS COURS VIRTUELS À LA DEMANDE !

MARDI

- 10:30 - 11:15 — LesMills THE TRIP VIRTUAL

MERCREDI

JEUDI

- 09:30 - 10:15 — LesMills RPM

VENDREDI

- 10:30 - 11:15 — LesMills THE TRIP VIRTUAL

SAMEDI

- 10:15 - 11:00 — LesMills RPM

STUDIO RODA

LUNDI

- 17:45 - 18:15 — TRAINING BOOTY (NEW)
- 18:30 - 19:15 — LesMills RPM
- 19:30 - 20:15 — LesMills THE TRIP

MARDI

- 18:30 - 19:15 — TRAINING
- 19:30 - 20:15 — LesMills RPM

MERCREDI

- 18:30 - 19:15 — LesMills RPM

JEUDI

- 18:00 - 18:30 — LesMills sprint
- 18:45 - 19:15 — TRAINING ABDOS (NEW)

VENDREDI

- 18:30 - 19:15 — LesMills THE TRIP

SAMEDI

STUDIO ALMA

LUNDI

- 09:30 - 10:15 — LesMills BODYBALANCE (V)
- 11:30 - 12:15 — PILATES (V)
- 16:15 - 17:00 — REFORMER*
- 17:45 - 18:30 — LesMills BODYBALANCE (V)
- 18:30 - 19:15 — PILATES
- 19:15 - 20:00 — CALM
- 20:00 - 20:45 — PILATES MATÉRIEL

MARDI

- 10:30 - 11:15 — REFORMER*
- 10:30 - 11:15 — CALM (V)
- 12:30 - 13:15 — PILATES (V)
- 17:45 - 18:30 — HATHA YOGA
- 18:30 - 19:15 — YOGA VINYASA
- 19:30 - 20:15 — Postural Ball®
- 20:00 - 20:45 — REFORMER*

MERCREDI

- 09:30 - 10:15 — Postural Ball® (V)
- 11:30 - 12:15 — CALM (V)
- 12:30 - 13:15 — REFORMER*
- 17:45 - 18:30 — PILATES
- 18:30 - 19:15 — PILATES MATÉRIEL
- 19:30 - 20:30 — LesMills BODYBALANCE (V)

JEUDI

- 09:30 - 10:15 — REFORMER*
- 10:30 - 11:30 — LesMills BODYBALANCE (V)
- 12:30 - 13:15 — Postural Ball® (V)
- 17:45 - 18:30 — REFORMER*
- 18:30 - 19:15 — CALM
- 19:30 - 20:15 — PILATES

VENDREDI

- 09:30 - 10:15 — PILATES MATÉRIEL (V)
- 11:30 - 12:15 — HATHA YOGA (V)
- 17:45 - 18:30 — Postural Ball® (V)
- 18:30 - 19:15 — LesMills BODYBALANCE (V)

SAMEDI

- 10:00 - 10:45 — REFORMER*
- 11:15 - 12:00 — CALM (V)

(V) Ces cours ont lieu dans le Studio VIDA

* Le Pilates Reformer est en option