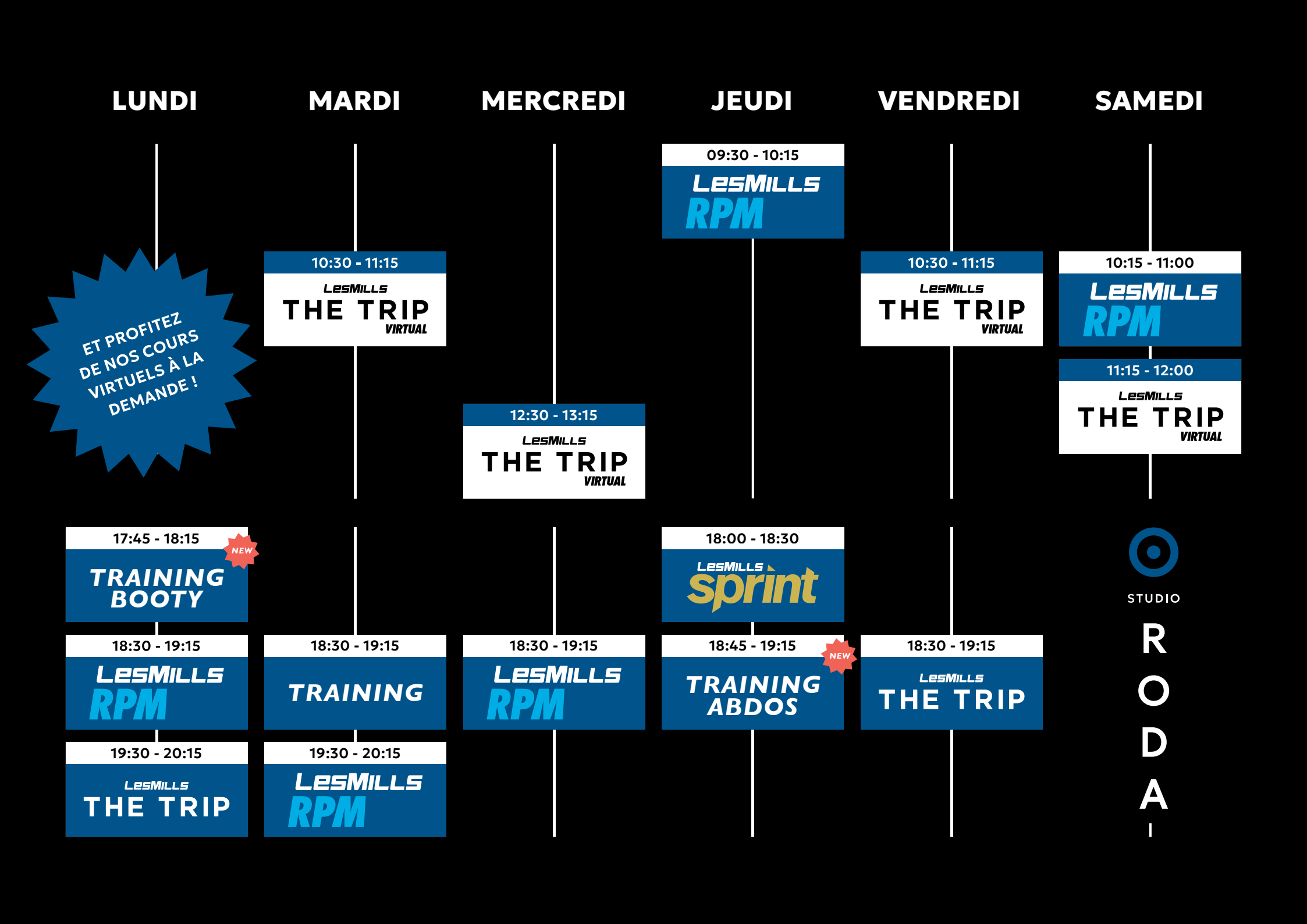
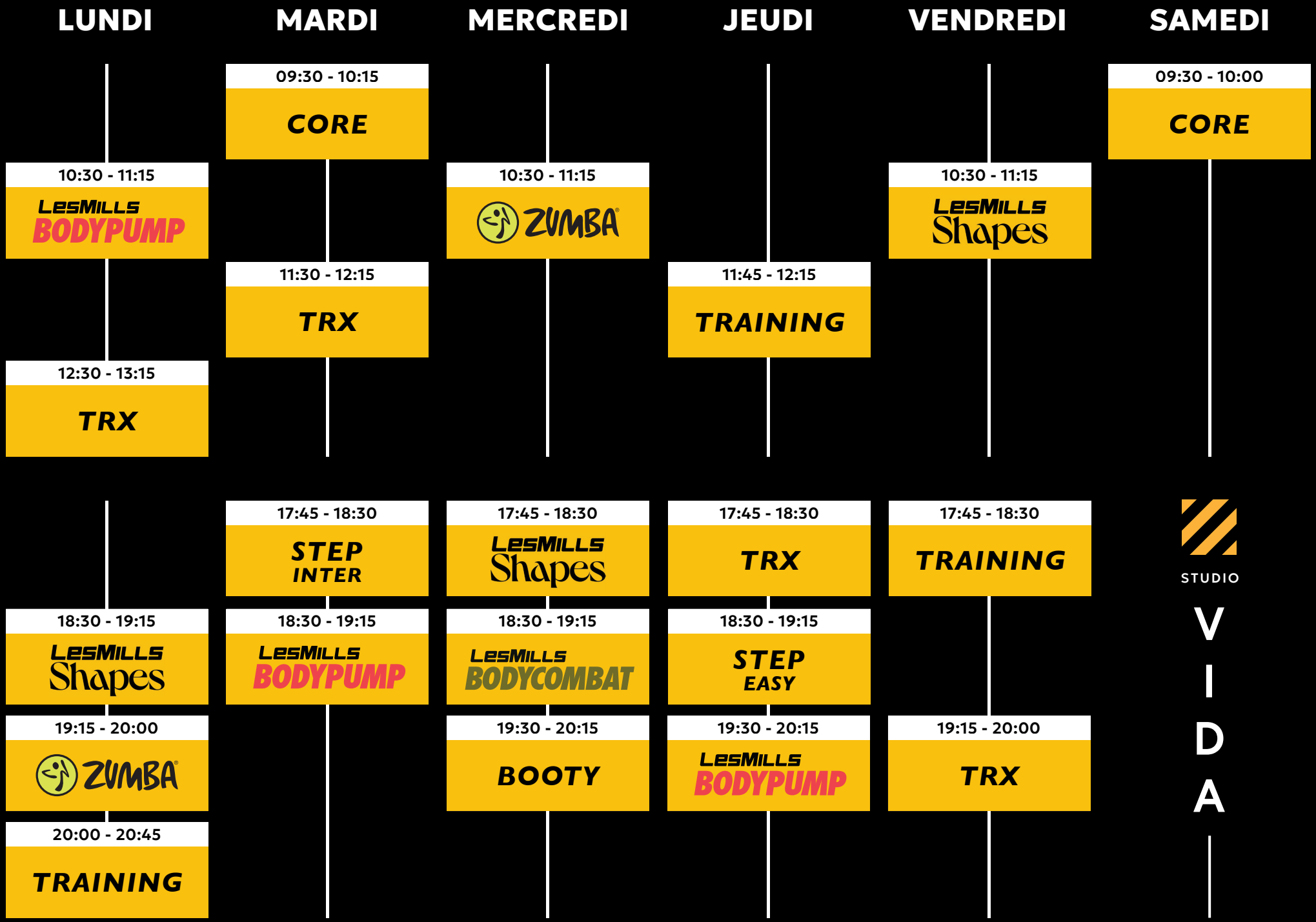

LUNDI
MARDI
MERCREDI
JEUDI
VENDREDI
SAMEDI
ET PROFITEZ DE NOS COURS VIRTUELS À LA DEMANDE !
10:30 - 11:15
LesMILLS THE TRIP VIRTUAL
12:30 - 13:15
LesMILLS THE TRIP VIRTUAL
09:30 - 10:15
LesMILLS RPM
10:30 - 11:15
LesMILLS THE TRIP VIRTUAL
10:15 - 11:00
LesMILLS RPM
11:15 - 12:00
LesMILLS THE TRIP VIRTUAL
17:45 - 18:15
NEW
TRAINING BOOTY
18:30 - 19:15
LesMILLS RPM
19:30 - 20:15
LesMILLS THE TRIP
18:30 - 19:15
TRAINING
19:30 - 20:15
LesMILLS RPM
18:30 - 19:15
LesMILLS RPM
18:00 - 18:30
LesMILLS sprint
18:45 - 19:15
NEW
TRAINING ABDOS
18:30 - 19:15
LesMILLS THE TRIP
STUDIO
RODA


LUNDI
MARDI
MERCREDI
JEUDI
VENDREDI
SAMEDI
09:30 - 10:15
CORE
10:30 - 11:15
LesMILLS BODYPUMP
10:30 - 11:15
ZUMBA
10:30 - 11:15
LesMILLS Shapes
09:30 - 10:00
CORE
11:30 - 12:15
TRX
11:45 - 12:15
TRAINING
12:30 - 13:15
TRX
17:45 - 18:30
STEP INTER
17:45 - 18:30
LesMILLS Shapes
17:45 - 18:30
TRX
17:45 - 18:30
TRAINING
STUDIO VIDA
18:30 - 19:15
LesMILLS Shapes
18:30 - 19:15
LesMILLS BODYPUMP
18:30 - 19:15
LesMILLS BODYCOMBAT
18:30 - 19:15
STEP EASY
19:15 - 20:00
ZUMBA
19:30 - 20:15
BOOTY
19:30 - 20:15
LesMILLS BODYPUMP
19:15 - 20:00
TRX
20:00 - 20:45
TRAINING

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
09:30 - 10:15 LesMills BODYBALANCE	10:30 - 11:15 REFORMER*	09:30 - 10:15 Postural Ball®	09:30 - 10:15 REFORMER*	09:30 - 10:15 PILATES MATÉRIEL	10:00 - 10:45 REFORMER*
11:30 - 12:15 PILATES	10:30 - 11:15 CALM	11:30 - 12:15 CALM	10:30 - 11:30 LesMills BODYBALANCE	11:30 - 12:15 HATHA YOGA	11:15 - 12:00 CALM
16:15 - 17:00 REFORMER*	12:30 - 13:15 PILATES	12:30 - 13:15 REFORMER*	12:30 - 13:15 Postural Ball®		
17:45 - 18:30 LesMills BODYBALANCE	17:45 - 18:30 HATHA YOGA	17:45 - 18:30 PILATES	17:45 - 18:30 REFORMER*	17:45 - 18:30 Postural Ball®	
18:30 - 19:15 PILATES	18:30 - 19:15 YOGA VINYASA	18:30 - 19:15 PILATES MATÉRIEL	18:30 - 19:15 CALM	18:30 - 19:15 LesMills BODYBALANCE	
19:15 - 20:00 CALM	19:15 - 20:00 Postural Ball®	19:30 - 20:30 LesMills BODYBALANCE	19:30 - 20:15 PILATES		
20:00 - 20:45 PILATES MATÉRIEL	20:00 - 20:45 REFORMER*				

STUDIO ALMA

V Ces cours ont lieu dans le Studio VIDA * Le Pilates Reformer est en option