

COURS COLLECTIFS

STUDIOS FITNESS & VÉLOS

BRIOUDE

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9 ^H 30 - 10 ^H 15 AFC		9 ^H 30 - 10 ^H 15 PILATES		9 ^H 30 - 10 ^H 15 GYM POSTURALE	9 ^H 15 - 10 ^H 00 LES MILLS BODYPUMP
10 ^H 15 - 10 ^H 45 STRETCH					
12 ^H 20 - 13 ^H 05 BIKE	12 ^H 20 - 13 ^H 05 LES MILLS BODYPUMP		12 ^H 20 - 13 ^H 05 LES MILLS BODYBALANCE	12 ^H 20 - 13 ^H 20 STAGE HYROX	
16 ^H 45 - 17 ^H 45 TEAM RUN		16 ^H 15 - 17 ^H 00 KIDS TRAINING		17 ^H 15 - 18 ^H 00 KIDS DANSE	
17 ^H 45 - 18 ^H 30 BIKE	18 ^H 00 - 18 ^H 30 HiiT	17 ^H 15 - 18 ^H 00 KIDS DANSE		18 ^H 00 - 18 ^H 30 ABDOS FLASH	
18 ^H 30 - 19 ^H 15 LES MILLS BODYPUMP	18 ^H 30 - 19 ^H 15 LES MILLS Shapes	18 ^H 15 - 18 ^H 45 BIKE	18 ^H 00 - 18 ^H 45 TEAM ADOS	18 ^H 00 - 18 ^H 45 PILATES	
19 ^H 15 - 20 ^H 00 LES MILLS BODYBALANCE	19 ^H 15 - 20 ^H 00 TEAM TRAINING	18 ^H 45 - 19 ^H 30 TEAM TRAINING	19 ^H 00 - 20 ^H 00 STAGE HYROX	18 ^H 45 - 19 ^H 15 BIKE	18 ^H 30 - 19 ^H 15 STEP
	19 ^H 15 - 20 ^H 00 BIKE	19 ^H 30 - 20 ^H 00 STRETCH	19 ^H 15 - 20 ^H 00 LES MILLS BODYCOMBAT	19 ^H 15 - 20 ^H 00 TEAM TRAINING	

⚡ Attention, vos séances de Team Training et de Bike sont sur inscription : nombre de places limité.