

STUDIOS FITNESS & VÉLOS

LEMPDES-SUR-ALLAGNON

		14 ^H 00 - 17 ^H 00 KIDS DANSE		17 ^H 30 - 18 ^H 15 KIDS TRAINING Ados	
18 ^H 00 - 18 ^H 45 LES MILLS BODYPUMP	18 ^H 00 - 18 ^H 45 LES MILLS BODYATTACK	18 ^H 00 - 18 ^H 45 AFC	18 ^H 00 - 18 ^H 45 BIKE	18 ^H 15 - 19 ^H 00 LES MILLS BODYPUMP	
18 ^H 45 - 19 ^H 30 LES MILLS BODYCOMBAT	18 ^H 45 - 19 ^H 15 LES MILLS CORE	18 ^H 45 - 19 ^H 30 DANSE	18 ^H 30 - 19 ^H 15 STEP		
19 ^H 30 - 20 ^H 15 TEAM TRAINING	19 ^H 15 - 20 ^H 00 STRETCH	19 ^H 30 - 20 ^H 15 TEAM TRAINING	19 ^H 30 - 20 ^H 15 PILATES		