

COURS COLLECTIFS

STUDIOS FITNESS & VÉLOS

THIERS

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
	9 ^H 30 - 10 ^H 15 STRETCH		9 ^H 30 - 10 ^H 15 TEAM PILATES		
10 ^H 00 - 10 ^H 45 LES MILLS RPM					10 ^H 00 - 10 ^H 45 LES MILLS RPM
12 ^H 20 - 13 ^H 05 LES MILLS BODYPUMP	12 ^H 20 - 13 ^H 05 LES MILLS RPM	12 ^H 20 - 13 ^H 05 TEAM TRAINING	12 ^H 20 - 13 ^H 05 LES MILLS BODYBALANCE	12 ^H 20 - 13 ^H 05 TEAM HYROX	11 ^H 00 - 11 ^H 45 TEAM TRAINING
17 ^H 00 - 17 ^H 45 TEAM TRAINING		14 ^H 00 - 14 ^H 45 KIDS 6-9 ans	17 ^H 10 - 17 ^H 55 TEAM TRAINING	17 ^H 40 - 18 ^H 25 TEAM ADOS	
17 ^H 45 - 18 ^H 30 AFC	17 ^H 45 - 18 ^H 30 STEP	17 ^H 30 - 18 ^H 15 TEAM TRAINING	18 ^H 00 - 18 ^H 45 LES MILLS BODYPUMP	18 ^H 00 - 18 ^H 30 LES MILLS RPM	
18 ^H 30 - 19 ^H 15 LES MILLS BODYCOMBAT	18 ^H 30 - 19 ^H 15 LES MILLS BODYPUMP	18 ^H 30 - 19 ^H 15 LES MILLS BODYATTACK	18 ^H 45 - 19 ^H 15 HiiT	18 ^H 30 - 19 ^H 00 ABDOS FLASH	
19 ^H 15 - 20 ^H 00 TEAM HYROX	19 ^H 15 - 20 ^H 00 TEAM PILATES	19 ^H 15 - 20 ^H 00 LES MILLS BODYBALANCE	19 ^H 15 - 20 ^H 00 STRETCH	19 ^H 15 - 20 ^H 00 TEAM TRAINING	
			19 ^H 15 - 20 ^H 00 LES MILLS RPM		