

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
9 ^h 30		▶ AFC		▶ STEP	
10 ^h 30	▶ HIIT	▶ PILATES	▶ <small>LES MILLS</small> CORE	▶ <small>LES MILLS</small> BODYPUMP	▶ <small>LES MILLS</small> BODYCOMBAT
14 ^h 00	▶ STEP	▶ <small>LES MILLS</small> BODYPUMP	▶ <small>LES MILLS</small> SH'BAM	▶ <small>LES MILLS</small> BODYCOMBAT	▶ HIIT
15 ^h 00	▶ AFC	▶ YOGA	▶ <small>LES MILLS</small> BODYATTACK	▶ <small>LES MILLS</small> CORE	▶ <small>LES MILLS</small> BODYJAM
16 ^h 00	▶ ZUMBA 🕺	▶ <small>LES MILLS</small> BODYCOMBAT	▶ AFC	▶ STRETCH	▶ <small>LES MILLS</small> BODYPUMP
17 ^h 00	▶ <small>LES MILLS</small> BODYATTACK				▶ PILATES



Cours en vidéo sur écran géant au club.

Possibilité de changer la programmation sur demande à l'accueil de votre club.