

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
10 ^h 00				▶ ABDO FLASH	▶ Hiit
11 ^h 00	▶ LES MILLS SH'BAM	▶ LES MILLS BODYPUMP	▶ Hiit	▶ LES MILLS BODYCOMBAT	▶ STRETCH
14 ^h 00	▶ AFC	▶ LES MILLS SH'BAM	▶ Hiit	▶ STEP	▶ LES MILLS BODYBALANCE
15 ^h 00	▶ LES MILLS BODYBALANCE	▶ STEP	▶ LES MILLS BODYPUMP	▶ Hiit	▶ LES MILLS SH'BAM
16 ^h 00	▶ LES MILLS BODYPUMP	▶ LES MILLS BODYCOMBAT	▶ LES MILLS SH'BAM	▶ LES MILLS BODYBALANCE	▶ LES MILLS BODYPUMP
17 ^h 00	▶ STEP		▶ STRETCH		▶ ABDO FLASH
18 ^h 00	▶ Hiit				

▶ Cours en vidéo sur écran géant au club.

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