



ENTRAINEMENTS COLLECTIFS

PLANNING AU 1ER MARS 2016

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
MATIN	9h15 CXWORX™ 30' ●	9h15 RPM™ 30' ●		09h15 BODYPUMP™ 30' ●	9h15 CIRCUIT TRAINING 30' ●		
		9h30 PILATES 30' ●					
	10h BODYSTEP™ 30' ●	10h PILATES 30' ●	10h BODYCOMBAT™ 45' ●	10h RPM™ 30' ●	10h CXWORX™ 30' ●	10h CXWORX™ 30' ●	10h BODYPUMP™ 45' ●
		10h CIRCUIT TRAINING 45' ●					
MIDI					10h30 BODYBALANCE™ 30' ●	10h30 BODYATTACK™ 30' ●	
		11h BODYPUMP™ 30' ●	11h BODYBALANCE™ 45' ●			11h BODYBALANCE™ 30' ●	11h RPM™ 45' ●
	12h30 RPM™ 45' ●	12h30 CXWORX™ 30' ●	12h30 PILATES 30' ●	12h30 CIRCUIT TRAINING 45' ●	12h30 CIRCUIT TRAINING 45' ●		
		13h BODYBALANCE™ 30' ●	13h PILATES 30' ●				
APRES-MIDI					14h30 PILATES 30' ●		
	16h15 BODYPUMP™ 45' ●		16h15 SH'BAM KIDS 45' ●		15h PILATES 30' ●		
			16h15 CIRCUIT TRAINING 45' ●				
		17h30 BODYSTEP™ 30' ●	17h30 CXWORX™ 30' ●	17h30 BODYCOMBAT™ 45' ●	17h30 BODYPUMP™ 45' ●		
SOIR	18h30 BODYATTACK™ 45' ●	18h30 BODYCOMBAT™ 45' ●	18h30 BODYPUMP™ 45' ●	18h30 BODYPUMP™ 45' ●	18h30 CXWORX™ 30' ●		
	18h30 RPM™ 45' ●	18h30 CIRCUIT TRAINING 45' ●	18h30 RPM™ 45' ●	18h30 RPM™ 45' ●			
	19h30 BODYPUMP™ 45' ●	19h30 RPM™ 45' ●	19h30 BODYATTACK™ 45' ●	19h30 BODYBALANCE™ 45' ●	19h SH'BAM™ 45' ●		
	20h30 CXWORX™ 30' ●	20h30 BODYBALANCE™ 30' ●		20h30 BODYSTEP™ 30' ●			

COURS AGREES **LesMILLS**

BODYATTACK™	BODYBALANCE™
BODYCOMBAT™	BODYPUMP™
BODYSTEP™	CXWORX™
RPM™	SH'BAM™

LEGENDE DES COURS

- RENFORCEMENT MUSCULAIRE
- CARDIO
- ETIREMENT ET DETENTE
- DANSE



CLUB REFERENT SPORT SANTE
coachs certifiés Les Mills et Sport Santé

OUVERT 7 JOURS / 7

Du lundi au vendredi de 7h à 22h, accueil de 9h à 20h30
Samedi de 7h à 18h, accueil de 9h à 18h
Dimanche de 9h à 13h, accueil fermé