

# PLANNING des cours collectifs

LUNDI

Axel

PILATES  
17:45

Axel

JUMPING  
18:30

MARDI

Loic.J

POSTURAL  
GYM  
9:30

Sophie

CROSS  
TRAINING  
12:30

Loic.J

PUMP  
17:45

Lois.P

STEP  
18:30

Loic.J

ZUMBA  
19:30

MERCREDI

Gérard

BIKING  
GROUP CYCLE  
12:30

Axel

JUMPING  
17:45

Jeff

BIKING  
GROUP CYCLE  
18:30

Axel

HIIT  
19:30

JEUDI

Loic.J

PILATES  
9:30

Loic.J

FULL BODY  
12:30

Loic.J

STEP  
17:45

Loic.J

ZUMBA  
18:30

Lois.P

PUMP  
19:30

VENDREDI

Sophie

PILATES  
17:45

Lois.P

CARDIO  
DANCING  
18:30

Sophie

CROSS  
TRAINING  
19:00

SAMEDI

Loic.J

ÉVEIL  
MUSCULAIRE  
9:30

Loic.J

ZUMBA  
10:00

Eric

SELF DÉFENSE  
11:00

DIMANCHE

Jeff

BIKING  
GROUP CYCLE  
11:00