

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

COACHING & OPEN GYM

10H00
BODYPUMP
30'

12H30
TRAINING
45'

12H30
BODYPUMP
45'

12H30
HYROX TRAINING
45'

12H30
HIIT
30'

12H30
YOGA
45'

10H30
MOBILITE /
STRETCHING 30'

OPEN GYM

11H00
TRAINING
30'

18H00
TRAINING
45'

18H00
BODYPUMP
45'

18H00
HYROX TRAINING
45'

18H00
HIIT
30'

New!

18H00
HYROX TRAINING
60'

18H45
BODYATTACK
45'

18H45
HYROX TRAINING
45'

18H45
BODYCOMBAT
45'

18H30
HYROX TRAINING
45'

PENSEZ À
PRENDRE
CHAUSSURES
DE SPORT
PROPRES,
SERVIETTES ET
BOUTEILLES
D'EAU

19H30
HYROX TRAINING
45'

19H30
YOGA
45'

19H30
HIIT
30'

New!

19H15
BODYPUMP
45'

OLYMPÉ