

LUNDI

9H15

9H30 **WOD**
BODYBALANCE

10H30
TRAINING

12H30
BODYPUMP
12H45 **HBX BOXING**

14H30
PILATES

17H30
PILATES
17H45 **WOD**

18H30
BODYPUMP
18H45 **WOD**

19H30
STRONG NATION
19H45 **HBX BOXING**

MARDI

10H30
BODYBALANCE

12H30
BODYBALANCE
12H45 **WOD**

17H45
BODYPUMP
18H **WOD**

18H45
BODYBALANCE
19H **HBX BOXING**

19H45
AERODANCE
20H **HBX BOXING**

MERCREDI

10H30
TRAINING

11H30
HATHA YOGA

12H45
PILATES

17H45
BODYPUMP
17H45 **TRX MOVE**

18H45
PORT DE BRAS
18H45 **TRX MOVE**

19H45
ZUMBA
20H **HBX BOXING**

JEUDI

9H15

9H30 **WOD**
PILATES

10H30
ZUMBA GOLD

12H30
HIIT

17H45
BODYBALANCE

18H45
HIIT
18H45 **HBX BOXING**

19H45
BODYPUMP
19H45 **WOD**

VENDREDI

10H30
TRAINING

12H30
TRAINING
12H45 **HBX BOXING**

17H30 **WOD**

18H30
HATHA YOGA

SAMEDI

10H
TRAINING

11H
HATHA YOGA

LES DIMANCHES
(VOIR NOTRE
PROGRAMME D'ÉVÈNEMENTS)

**1ER DIMANCHE
DU MOIS**

10H30
URBAN TRAINING

PREMIUM
ALL INCLUSIVE
CARTES