

PLANNING FITNESS

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

7H30

LES MILLS
BODYPUMP



7H30

LES MILLS
GRIT



9H30

LES MILLS
BODYBALANCE



9H30

LES MILLS
CORE



9H30

LES MILLS
BODYPUMP



9H30

GYM
ESSENTIELLE



9H30

LES MILLS
Shapes



10H

LES MILLS
BODYPUMP



11H15

LES MILLS
BODYBALANCE



12H30

LES MILLS
BODYCOMBAT



12H30

Strength
Development



12H30

LES MILLS
BODYPUMP



12H30

LES MILLS
BODYBALANCE



17H30

LES MILLS
GRIT



17H15

LES MILLS
CORE



18H

STEP 1



18H

LES MILLS
BODYATTACK



17H45

LES MILLS
CORE



17H30

LES MILLS
BODYPUMP



18H

LES MILLS
BODYPUMP



18H30

LES MILLS
BODYCOMBAT



18h45

LES MILLS
CORE



18H15

LES MILLS
BODYJAM



18H15

PILATES



19H

LES MILLS
BODYATTACK



19H30

LES MILLS
BODYBALANCE



19H30

CAF/STRECH



19H15

Strength
Development



19H

LES MILLS
BODYCOMBAT



20H

LES MILLS
BODYJAM



20H15

LES MILLS
BODYPUMP



20H

STRECH MOBILITE



20H

LES MILLS
BODYATTACK / **LES MILLS**
Shapes



Scannez le
Planning

