

lundi

mardi

merc.

jeudi

vendr.

samedi

dim.

9h30 **LES MILLS**
RPM

9h30 **TRX TRAINING**
TRX

9h30 **TRX TRAINING**
TRX

9h45 **LES MILLS**
BODYPUMP

10h30 **LES MILLS**
BODYBALANCE

10h30 **LES MILLS**
RPM

10h30 **ST 45**
BOXING

10h45 **LES MILLS**
RPM

12h30 **TRX TRAINING**
TRX

12h30 **ST 45**
BOXING

12h30 **LES MILLS**
BODYBALANCE

12h30 **LES MILLS**
RPM

17h45 **TRX TRAINING**
TRX

17h45 **NCFIT**

17h45 **LES MILLS**
RPM

17h45 **ST 45**
BOXING

18h30 **LES MILLS**
RPM
LES MILLS
DANCE

18h30 **LES MILLS**
BODYATTACK

18h30 **LES MILLS**
BODYPUMP 

18h30 **LES MILLS**
BODYBALANCE

CLUB RUN

19h15 **NCFIT**

19h15 **ST 45**
BOXING

19h15 **NCFIT**

L
I
B
R
E

A
C
C
E
S