

	LUNDI			MARDI			MERCREDI			JEUDI			VENDREDI			SAMEDI			DIMANCHE			
	JURA	Mont Blanc	RPM	JURA	Mont Blanc	RPM	JURA	Mont Blanc	RPM	JURA	Mont Blanc	RPM	JURA	Mont Blanc	RPM	JURA	Mont Blanc	RPM	JURA	Mont Blanc	RPM	
8H00	BODY VIVE	CX VIDEO	RPM VIDEO	-	CX VIDEO	SPRINT 8h15	BODY VIVE	CX VIDEO	RPM VIDEO	-	CX VIDEO	RPM	Abdos Fessiers	CX VIDEO	RPM VIDEO	-	CX VIDEO	RPM VIDEO	-	PUMP VIDEO	RPM VIDEO	8H00
9H00	BODY COMBAT	BODY SCULPT	RPM	ZUMBA	BODY PUMP	RPM VIDEO	BODY JAM	STEP	RPM	BODY ATTACK	BODY PUMP	RPM VIDEO	BODY COMBAT	BODY VIVE	RPM	BODY PUMP	ZUMBA	SPRINT 9h30	-	CX VIDEO	RPM	9H00
10H00	STRETCH	BODY PUMP	RPM VIDEO	BODY BALANCE	CX WORK	RPM	STRETCH	CX WORK	RPM	BODY SCULPT	BODY BALANCE	RPM VIDEO	STRETCH	BODY PUMP	SPRINT	BODY COMBAT	-	RPM	BODY SCULPT	ZUMBA	RPM VIDEO	10H00
11H00	-	SH'BAM VIDEO	RPM VIDEO	-	COMBAT VIDEO	RPM VIDEO	-	PUMP VIDEO	RPM VIDEO	BALANCE VIDEO	BALANCE VIDEO	RPM VIDEO	-	CX VIDEO	RPM VIDEO	BODY BALANCE	CX WORK	RPM VIDEO	STRETCH	SH'BAM VIDEO	RPM VIDEO	11H00
12H30	-	CX VIDEO	RPM	Abdos Fessiers	BALANCE VIDEO	RPM VIDEO	BODY PUMP	CX VIDEO	RPM VIDEO	-	BALANCE VIDEO	RPM VIDEO	ZUMBA	PUMP VIDEO	RPM VIDEO	-	PUMP VIDEO	RPM VIDEO	-	BALANCE VIDEO	RPM VIDEO	12H30
13H30	BODY SCULPT	PUMP VIDEO	RPM VIDEO	STRETCH	CX VIDEO	RPM VIDEO	-	BALANCE VIDEO	RPM VIDEO	-	CX VIDEO	RPM VIDEO	-	CX VIDEO	RPM VIDEO	-	CX VIDEO	RPM VIDEO	-	CX VIDEO	RPM VIDEO	13H30
14H30	-	CX VIDEO	RPM VIDEO	-	COMBAT VIDEO	RPM VIDEO	-	-	RPM VIDEO	-	PUMP VIDEO	RPM VIDEO	-	COMBAT VIDEO	RPM VIDEO	-	COMBAT VIDEO	RPM VIDEO	-	PUMP VIDEO	RPM VIDEO	14H30
15H30	-	COMBAT VIDEO	RPM VIDEO	-	SH'BAM VIDEO	RPM VIDEO	-	-	RPM VIDEO	-	CX VIDEO	RPM VIDEO	-	SH'BAM VIDEO	RPM VIDEO	-	SH'BAM VIDEO	RPM VIDEO	-	CX VIDEO	RPM VIDEO	15H30
16H30	-	SH'BAM VIDEO	RPM VIDEO	-	PUMP VIDEO	RPM VIDEO	-	-	RPM VIDEO	-	COMBAT VIDEO	RPM VIDEO	-	BALANCE VIDEO	RPM VIDEO	-	BALANCE VIDEO	RPM VIDEO	-	COMBAT VIDEO	RPM VIDEO	16H30
17H30	-	BODY VIVE	RPM VIDEO	-	CX 18H00	RPM	ZUMBA	-	RPM VIDEO	Abdos Fessiers	-	RPM VIDEO	-	PUMP VIDEO	RPM	-	PUMP VIDEO	RPM VIDEO	-	SH'BAM VIDEO	RPM VIDEO	17H30
18H30	BODY JAM	BODY PUMP	RPM	BODY ATTACK	BODY BALANCE	SPRINT	BODY COMBAT	BODY PUMP	RPM VIDEO	BODY JAM	PUMP VIDEO	RPM	BODY SCULPT	COMBAT VIDEO	RPM VIDEO	-	CX VIDEO	RPM VIDEO	-	PUMP VIDEO	RPM VIDEO	18H30
19H30	ZUMBA	STRETCH	RPM VIDEO	BODY PUMP	SH'BAM VIDEO	RPM VIDEO	SALSA	BALANCE VIDEO	SPRINT	CX WORK	BALANCE VIDEO	RPM VIDEO	-	BALANCE VIDEO	RPM VIDEO	-	CX VIDEO	RPM VIDEO	-	-	-	-
20H30	-	CX VIDEO	RPM VIDEO	-	CX VIDEO	RPM VIDEO	-	CX VIDEO	-	-	CX VIDEO	RPM VIDEO	-	CX VIDEO	RPM VIDEO	-	CX VIDEO	RPM VIDEO	-	-	-	-

NOUVEAU LE MERCREDI COURS DE SALSA !

Inclus avec votre abonnement

Réservation obligatoire – Non membres renseignements à la réception

Soirée le dernier mercredi du mois – voir programme



YOGA	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
9h00		YOGA			YOGA
10h00	YOGA AVANCE		YOGA AVANCE	YOGA	
18h30			YOGA	YOGA	
19h00		YOGA			