



HORAIRES FITNESS COURS COLLECTIFS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
10H15-11H00	BODYBALANCE				
12H30-13H00	RPM	CAF	HIIT	BODYBALANCE	BODYPUMP
17H30-18H00		BODYCOMBAT			
18H15-19H00	BODYPUMP	BODYBALANCE	SH'BAM	BODYCOMBAT/ RPM	HIIT
19H15-20H00	SH'BAM	RPM	CAF	BODY PUMP	BODYBALANCE

COURS LESMILLS CINEMA

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
10H15-11H10						BODY PUMP 55'	BODY COMBAT 55'
11H15-11H45	CXWORX 30'	SH'BAM 30'	BODY PUMP 30'	BODY COMBAT 30'	BODY BALANCE RENFO 30'	BODY COMBAT 30'	BODY BALANCE FLEX 30'
11H50-12H20	SH'BAM 30'	BODY PUMP 30'	BODY BALANCE FLEX 30'	CXWORX 30'	BODYCOMBAT 30'	BODY BALANCE RENFO 30'	SH'BAM 30'
13H30-14H25	BODYBALANCE 55'	BODY COMBAT 55'	SH'BAM 45'	BODY PUMP 55'	BODY COMBAT 55'	BODY COMBAT 30'	BODY PUMP 30'
14H15-15H00	CXWORX 30'	SH'BAM 30'	BODY BALANCE 30'	BODY COMBAT 30'	CXWORX 30'	SH'BAM 45'	BODY PUMP 45'
15H15-15H45	BODY PUMP 30'	BODY BALANCE FLEX 30'	BODY PUMP 30'	SH'BAM 30'	BODY COMBAT 30'	CXWORX 30'	CXWORX 30'
16H00-16H55	BODY COMBAT 55'	BODY PUMP 55'	BODY COMBAT 55'	BODY PUMP 55'	SH'BAM 45'	BODY PUMP 55'	BODY COMBAT 55'
17H15-17H45	BODY BALANCE 30'	BODY COMBAT 30'	CXWORX 30'	BODY BALANCE FLEX 30'	BODY PUMP 30'	BODY BALANCE FLEX 30'	SH'BAM 30'

20H05-20H50
20H55-21H25

BODYCOMBAT 30'
SH'BAM 30'

BODYBALANCE 30'	BODY PUMP 55'
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COURS LESMILLS CINEMA RPM

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
10H15-11H05	RPM 50'					RPM 50'	RPM 50'
11H15-11H45	RPM 30'	RPM 30'	RPM 30'	RPM 30'	RPM 30'	RPM 30'	RPM 30'
11H50-12H20	RPM 30'	RPM 30'	RPM 30'	RPM 30'	RPM 30'	RPM 30'	RPM 30'
12H30-13H00		RPM 30'	RPM 30'	RPM 30'	RPM 30'	RPM 30'	RPM 30'
13H30-14H20	RPM 50'	RPM 50'	RPM 50'	RPM 50'	RPM 50'		
14H15-15H05	RPM 50'	RPM 50'	RPM 50'	RPM 50'	RPM 50'	RPM 50'	RPM 50'
15H15-15H45	RPM 30'	RPM 30'	RPM 30'	RPM 30'	RPM 30'	RPM 30'	RPM 30'
16H00-16H50	RPM 50'	RPM 50'	RPM 50'	RPM 50'	RPM 50'	RPM 50'	RPM 50'
17H15-17H45	RPM 30'	RPM 30'	RPM 30'	RPM 30'	RPM 30'	RPM 30'	RPM 30'
18H15-19H05	RPM 50'	RPM 50'	RPM 50'		RPM 50'		
19H15-19H45	RPM 30'		RPM 30'	RPM 30'	RPM 30'		
19H55-20H45		RPM 50'		RPM 50'	RPM 50'		
20H55-21H25		RPM 30'					