



CARDIO



RENFO



DÉTENTE

LUNDI

10H00 – 10H45

STRETCHING

12H30 – 13H15

PUMP

18H30 – 19H15

BIKING

STEP
DEBUTANT

19H15 – 20H00

CROSS-
TRAINING

C.A.F

20H00 – 20H45

BOXE TRAINING

MARDI

12H30 – 13H15

C.A.F

18H30 – 19H15

PUMP

19H15 – 20H00

BIKING

CARDIO
BOXE

20H00 – 20H45

BOXE TRAINING

MERCREDI

10H00 – 10H45

PILATES

12H30 – 13H15

CROSS TRAINING

18H30 – 19H15

BIKING

BOXE
TRAINING

19H15 – 20H00

PUMP

JEUDI

10H00 – 10H45

C.A.F

12H30 – 13H15

MUSCULATION

17H45 – 18H30

PILATES

18H30 – 19H15

BIKING

ZUMBA

19H15 – 20H00

CROSS-
TRAINING

30'
IMPACT

VENDREDI

10H00 – 10H45

PILATES

12H30 – 13H15

CARDIO BOXE

18H30 – 19H15

C.A.F

19H15 – 20H00

STRETCHING

SAMEDI

10H00 – 10H45

BIKING

10H50 – 11H35

CROSS TRAINING

Réservation obligatoire des cours
via notre application :
« ClubConnect »

