

PLANNING LE NUAGE

.....
9^h15 (45')
Super abdos-fessiers

10^h15 (60')
Hatha Yoga

12^h30 (45')
Body Pump

.....
9^h15 (45')
Pilates

10^h00 (60')
Body Balance

12^h30
Super abdos-fessiers (30')
Cross training TRX (60')
13^h00 (30')
Stretching zen

.....
9^h15 (45')
HBX boxing

11^h00 (60')
Yoga Vinyasa

12^h30 (30')
Fessiers d'acier
.....
13^h00 (30')
Abdos en béton

.....
9^h15 (45')
Body Pump

10^h15 (45')
Stretching zen

12^h30
Yoga Vinyasa (45')
Cross training (60')
Running Session (60')
Outdoor

.....
9^h15 (45')
Stretching zen

10^h00 (50')
Body Sculpt

12^h30 (45')
Body Attack

.....
9^h15 (45')
HBX boxing

10^h15 (60')
Body Pump

11^h15 (30')
Abdos, fessiers & dos
.....
11^h45 (30')
Stretching Zen

.....
9^h30 (45')
Pilates

10^h15 (45')
Super abdos-fessiers

11^h00 (45')
Body Balance

LUNDI

.....
18^h00 (45')
Body Pump

18^h30 (60')
Running Session
Outdoor

18^h50 (45')
Body Combat

19^h40 (30')
HBX Fusion

.....
20^h15 (45')
Pilates
Cross training

MARDI

.....
18^h15 (60')
Yoga Vinyasa

19^h15 (45')
Body Jam

.....
19^h30 (60')
Cross training

.....
20^h15 (45')
Body Pump

MERCREDI

.....
18^h00 (45')
Super abdos-fessiers

18^h45 (45')
Zumba

.....
19^h30 (45')
Body Combat

.....
20^h15 (45')
TRX HIIT

JEUDI

.....
18^h00 (45')
TRX HIIT

18^h45 (45')
HBX boxing

.....
19^h30
Body Pump (45')
Cross training (60')

.....
20^h15 (45')
Body Combat

VENDREDI

.....
18^h00 (45')
Super abdos-fessiers

18^h45 (45')
Body Attack

.....
19^h30 (60')
Body Balance

SAMEDI

.....
17^h00 (60')
Super abdos-fessiers

.....
18^h00 (60')
Stretching zen

DIMANCHE

- RENFORCEMENT MUSCULAIRE
- EFFORT CARDIO-VASCULAIRE
- RELAXATION, BIEN-ÊTRE
- ACTIVITÉS EN EXTÉRIEUR
- ACTIVITÉS AU 4^{ÈME} ÉTAGE
- DANSE
- Réservation obligatoire
- Voir planning appli.

.....
9^h15 (45')
RPM

.....
11^h30 (45')
SPiVi

.....
12^h30 (45')
RPM

LUNDI

.....
18^h15 (45')
SPiVi

.....
19^h15 (45')
RPM

.....
21^h15 (30')
SPiVi

.....
7^h15 (45')
SPiVi

.....
10^h15 (45')
SPiVi

.....
12^h30 (45')
RPM

MARDI

.....
16^h15 (45')
SPiVi

.....
18^h00 (45')
SPiVi

.....
18^h45 (45')
RPM

.....
19^h45 (45')
SPiVi

.....
10^h15 (45')
RPM

.....
12^h30 (45')
SPiVi

MERCREDI

.....
17^h15 (45')
SPiVi

.....
18^h45 (45')
RPM

.....
20^h15 (45')
SPiVi

.....
8^h15 (45')
SPiVi

.....
9^h15 (45')
SPiVi

.....
12^h30 (45')
RPM

JEUDI

.....
18^h30 (45')
RPM

.....
19^h30 (45')
SPiVi

.....
20^h30 (45')
SPiVi

.....
10^h15 (45')
SPiVi

.....
12^h30 (45')
RPM

VENDREDI

.....
17^h15 (45')
SPiVi

.....
18^h00 (45')
SPiVi

.....
19^h15 (45')
SPiVi

.....
10^h15 (45')
SPiVi

.....
12^h30 (45')
RPM

SAMEDI

.....
17^h15 (45')
SPiVi

.....
18^h15 (45')
SPiVi

.....
10^h15 (45')
SPiVi

.....
12^h30 (45')
SPiVi

DIMANCHE

.....
17^h15 (45')
SPiVi



RÉSERVEZ VOS COURS
SUR L'APPLI LE NUAGE

