

Planning

Lundi

Cinéma STUDIO

9h30
BodyBalance

9h15
WOD

10h30
Training

12h30
BodyPump

12h45
BOXING

14h30
Pilates

17h30
Pilates

17h45
WOD

18h30
BodyPump

18h45
WOD

19h30
Hiit Cardio

19h45
BOXING

Mardi

Cinéma STUDIO

10h30
BodyBalance

12h30
BodyBalance

12h45
WOD

17h45
BodyPump

18h
WOD

18h45
BodyBalance

19h
BOXING

19h45
Aérodance

20h
WOD

Mercredi

Cinéma STUDIO

10h30
Training

11h30
Hatha Yoga

12h45
Pilates

17h45
Training

17h45
TRX MOVE

18h45
Stretching

18h45
TRX MOVE

19h45
Zumba

20h
BOXING

Jeudi

Cinéma STUDIO

9h30
Pilates

9h15
WOD

10h30
Zumba Gold

12h30
Hiit Cardio

17h45
BodyBalance

17h45
WOD

18h45
Hiit Cardio

18h45
BOXING

19h45
BodyPump

19h45
WOD

Vendredi

Cinéma STUDIO

10h30
Training

12h30
Training

12h45
BOXING

17h45
WOD TO HYROX

18h45
Hatha Yoga

Samedi

Cinéma

10h
Training

11h
Hatha Yoga

1er
Dimanche
du mois

10h30
Urban Training