

Planning Cours Collectifs

Lundi

08:30

Sonakshi

TOTAL BODY CONDITIONING

10:30

Sonakshi

SENIOR FITNESS

12:15

Sonakshi

LUNCH FITNESS

17:15

Michael

SPINNING

17:30

Moshin

KUNDALINI YOGA

18:15

Billy

SPINNING

18:30

Fabrice

CARDIO SCULPT

Mardi

07:00

Michael

SPINNING

08:30

Billy

STEP

09:30

Billy

MOBILITY STRETCHING

09:30

Michael

SPINNING

10:30

Aurélie

SENIOR FITNESS

12:15

Gino

LUNCH FITNESS

17:30

Sanjay

SPINNING

17:30

Jean-Marie

CIRCUIT HIGH INTENSITY

18:30

Christopher

LATINO FITNESS

Mercredi

07:30

Aurélie

SLOW FLOW YOGA

08:30

Aurélie

POWER YOGA

09:30

Billy

AQUA SENIOR

10:30

Billy

MAT WORK PILATES

12:15

Billy

LUNCH FITNESS

16:30

Laetitia

FITNESS TEENS

17:30

Laetitia

ZUMBA

17:30

Sanjay

SPINNING

18:30

Jean-Marie

PUMP IT

16 places

Jeudi

07:00

Sanjay

SPINNING

08:30

Aurélie

PILATES

10:30

Fabrice

SENIOR FITNESS

12:15

Fabrice

LUNCH FITNESS

15:30

Christopher

DANCE KIDS

16:30

Christopher

HIP HOP

17:30

Christopher

MIX DANCE FITNESS

17:30

Aurélie

PILATES

17:30

Billy

SPINNING

18:30

Fabrice

BURN INTERVALS

18:30

Aurélie

PILATES

Vendredi

07:00

Michael

SPINNING

08:30

Jean-Marie

CROSSFIT

09:30

Billy

AQUA CROSS

12:15

Billy

LUNCH FITNESS

17:00

Moshin

HATHA YOGA

17:30

Billy

SPINNING

18:30

Billy

MOBILITY

Samedi

08:00

Christopher

LATIN HITS

08:30

Billy

MOBILITY STRETCHING

09:00

Christopher

AFRO DANCE

10:00

Moshin

HATHA YOGA

11:00

Moshin

KUNDALINI YOGA

12:00

Moshin

MÉDITATION

- TOTAL BODY CONDITIONING

DANSE

SPINNING

AQUA

CARDIO & FORCE

YOGA / MÉDITATION

SENIORS FITNESS

KIDS



Jean-Marie



Sanjay



Sonakshi



Billy



Michael



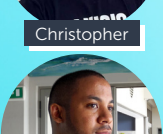
Moshin



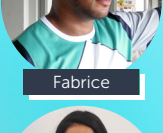
Laetitia



Christopher



Fabrice



Aurélie



Gino