

OPEN

Studio RIDER

Studio Cours collectifs

Studio CAGE CROSS-TRAINING

Studio Bien-être

Plateau Cardio - Muscu

9:00 - 21:30

9:00 - 21:30

9:00 - 21:30

9:00 - 21:30

9:00 - 21:30

9:00 - 16:00

9:00 - 12:00

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

Dimanche

Matin

9:30 - 10:30

9:30 - 10:30

9:30 - 10:30

9:30 - 10:30

10:00 - 10:45

10:00 - 10:45



LES MILLS
RPM



LES MILLS
BODYPUMP

11:00 - 11:45

LES MILLS
RPM

Midi

12:15 - 13:00

12:15 - 13:00

12:15 - 13:00

12:15 - 13:00

11:15 - 12:15

LES MILLS
RPM

LES MILLS
BODYPUMP



LES MILLS
BODYCOMBAT



Soir

18:30 - 19:30

18:30 - 19:30

18:30 - 19:30

18:30 - 19:30

18:30 - 19:30

16:30 - 18:00

18:30 - 19:30

18:30 - 19:30

19:30 - 20:30

19:30 - 20:30

LES MILLS
RPM



LES MILLS
RPM



LES MILLS
RPM



LES MILLS
BODYPUMP

LES MILLS
BODYBALANCE

CUISSES
ABDOS - FESSIERS

STEP

LES MILLS
BODYBALANCE

TAÏ CHI - QI GONG
太極 氣功
Taï Chi Qi Gong



LES MILLS
BODYCOMBAT

LES MILLS
BODYPUMP

