

FITNESS+ • PLANNING COURS LIVE • 2022

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
09:45 BODYPUMP™ 45'  #GABRIELLE	09:45 RPM™ 45'  #GABRIELLE	09:30 HATHAFLOW YOGA 60'  #JULIEN	09:45 CIRCUIT TRAINING 45'  #STÉVEN	09:45 PILATES 45'  #GABRIELLE	09:00 YOGA ALIGNEMENT 60'  #JULIEN semaines impaires
10:45 SH'BAM™ 45'  #GABRIELLE	10:45 BODYBALANCE™ 45'  #GABRIELLE	10:45 BODYPUMP™ 45'  #ESTELLE	10:45 RIDE™ 45'  #DAVE	10:45 BODYBALANCE™ 45'  #GABRIELLE	10:15 RPM™ 45'  #ESTELLE / #STÉVEN
12:30 HBX™ FUSION 45'  #JONATHAN	12:30 ABDOS 30'  #JONATHAN	12:30 HBX™ FUSION 45'  #JONATHAN	12:30 HIIT 30'  #DAVE	12:30 CAF 30'  #STÉVEN	11:15 HBX™ FUSION 45'  #STÉVEN
14:30 HATHA YOGA 60'  #JULIEN	14:30 PILATES 45'  #GABRIELLE		14:30 PILATES FUSION 45'  #DAVE		14:15 BOXE THAÏ 60'  #FRED
	17:30 CAF 30'  #STÉVEN		17:00 HATHAFLOW YOGA 60'  #JULIEN	17:00 HBX™ MOVE 45'  #ESTELLE / #STÉVEN	
18:15 BODYPUMP™ 45'  #ESTELLE	18:00 BODYCOMBAT™ 45'  #CHARLOTTE	18:00 BODYPUMP™ 45'  #GABRIELLE	18:00 RPM™ 45'  #GABRIELLE	18:00 RPM™ 45'  #ESTELLE / #STÉVEN	
18:15 RIDE 45'  #DAVE	18:15 HBX™ FUSION 45'  #STÉVEN	18:30 RPM™ 45'  #ESTELLE	18:15 BODYATTACK™ 45'  #DAVE	18:00 SH'BAM™ 45'  #GABRIELLE	
19:15 BODYATTACK™ 45'  #DAVE	19:00 STEP 45'  #JONATHAN	19:00 SALSA/BACHATA 60'  # JOHAN ET CAMILLE	19:00 PILATES 45'  #GABRIELLE	19:00 SALSA/BACHATA 60'  # JOHAN ET CAMILLE	
19:15 HBX™ MOVE 45'  #ESTELLE			19:15 HBX™ FUSION 45'  #DAVE		
20:15 BOXE THAÏ 60'  #FRED	20:00 YIN YOGA 60'  #JULIEN		20:00 BOXE THAÏ 60'  #FRED		