

PLANNING COURS EN SALLE

du 1 avril au 2 juillet 2017

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

09h15 Green Cardio Dance

10h00 Green Body Sculpt

08h15 Green Pilates

09h15 Green Pilates

09h00 LESMILLS BODYVIVE

10h00 LESMILLS BODYBALANCE

09h00 Green Body Sculpt

10h00 Green Fit Ball

09h00 Green CAF Cardio

10h00 Green Vinyasa Yoga

10h00 LESMILLS BODYPUMP

11h00 LESMILLS BODYATTACK

12h15 Green LESMILLS CXWORX Cardio X-treme

14h00 Green Pilates

12h15 Green Weight Power

13h15 Green Gym-Dos

12h15 Green Spinning

12h15 LESMILLS BODYPUMP

12h15 Green Body Art

DIMANCHE

09h30 Green Yoga

11h00 Green Spinning

18h00 Green CAF Pound

18h00 LESMILLS BODYATTACK

17h45 LESMILLS CXWORX

18h00 Green Spinning

19h00 LESMILLS BODYPUMP

19h00 Green Spinning

18h15 LESMILLS BODYPUMP

19h10 Green Zumba

20h15 LESMILLS BODYBALANCE

20h15 Green Yoga

19h30 LESMILLS SH'BAM **NEW**

20h15 Green Pilates

20h40 Green Power Yoga

- Cours Cardio ■
- Cours Bien-être ■
- Cours Danse ■
- Cours Musculaire ■