

GRILLE DES COURS COLLECTIFS



	MATIN	MIDI	SOIR			
LUNDI		TBC 12:15 - 12:45	GRIT PLYO 18:00 - 18:30	ABDO 18:30 - 19:00	DANCE & FIT 19:00 - 19:45	BODY PUMP 19:45 - 20:30
MARDI	FAC 9:15 - 9:45	PUMP 12:15 - 13:00	ABDO 18:00 - 18:30	GRIT CARDIO 18:30 - 19:00	PILATES 19:00 - 19:30	
MERCREDI		BODYSculPT 12:15 - 13:00	ABDO 18:00 - 18:30	BODY PUMP 18:30 - 19:15	BODY COMBAT 19:15 - 20:00	
JEUDI		PILATES 12:15 - 12:45	ABDO 18:00 - 18:30	FAC 18:30 - 19:15	STEPBODY 19:15 - 20:00	
VENDREDI						
SAMEDI		CIRCUIT TRAINING 12:15 - 13:00				
						CARDIO
						STRENGHT

CARDIO

STRENGTH

DANCE & FUN

BODY & MIND

LES MILLS
GRIT™ SERIES
30-MINUTE HIGH-INTENSITY INTERVAL TRAINING

BODY PUMP
LES MILLS BODY TRAINING SYSTEMS

LES MILLS
BODY COMBAT

LES MILLS