

COURS EN GROUPE AVEC COACH

EXCLUSIF AUX MEMBRES EXTRA

Hull

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

LesMills BODYPUMP
8:10-8:55 Annick

LesMills BODYATTACK
8:10-9:10 Jasmine

LesMills BODYSTEP
8:10-8:55 Geneviève

LesMills BODYPUMP
8:10-9:00 Annick

LES MILLS BODYPUMP
8:10-9:10 KARINE

LesMills BODYPUMP
9:00-10:00 Annick

POWER CARDIO
9:00-9:30 Annick

LesMills BODYBALANCE
9:15-10:15 Annick

LesMills BODYPUMP
9:00-10:00 Annick

LesMills BODYBALANCE
9:00-10:00 Annick

LesMills BODYCOMBAT
9:15-10:00 Émie

GoFitness ABS
9:30-9:45 Annick

LesMills BODYBALANCE
10:05-11:05 Sabine

ZUMBA
11:00-12:00 Caroline

LesMills BODYBALANCE
12:00-13:00 Caroline

LesMills BODYCOMBAT
16:25-17:25 Émie

ZUMBA
16:30-17:30 Caroline

LesMills BODYATTACK
17:30-18:30 Sophie

LesMills BODYPUMP
17:30-18:30 Annick

LesMills BODYSTEP
17:30-18:30 Karine

LesMills BODYCOMBAT
17:00-18:00 Karine

ZUMBA
18:30-19:30 Fabiola

ZUMBA
18:30-19:30 Caroline

ZUMBA
18:35-19:35 Fabiola

LesMills BODYBALANCE
18:30-19:30 Sabine

LesMills BODYBALANCE
19:30-20:30 Caroline

Semaine du
28 juillet

MISE EN FORME
Econofitness