

COURS EN GROUPE AVEC COACH

EXCLUSIF AUX MEMBRES EXTRA

HULL

LUNDI

LesMills tone
8:10-9:00 Annick

LesMills BODYPUMP
9:00-10:00 Annick

LesMills PILATES
12:00-12:45 Sabine

LesMills BODYPUMP
16:25-17:25 Karine

LesMills BODYATTACK
17:30-18:30 Sophie R.

ZUMBA
18:30-19:30 Janine

MARDI

LesMills BODYPUMP HEAVY
08:10-9:10 Annick

LesMills PILATES
9:10-9:55 Annick

LesMills BODYPUMP
16:15-17:15 Elizabeth

LesMills BODYATTACK
17:20-17:50 Elizabeth

LesMills CORE
17:50-18:25 Elizabeth

ZUMBA
18:30-19:30 Caroline

LesMills PILATES
19:30-20:15 Caroline

MERCREDI

LesMills BODYPUMP
08:10-9:10 Annick

LesMills BODYCOMBAT
16:25-17:25 Karine

LesMills BODYPUMP
17:30-18:30 Karine

ZUMBA
18:35-19:35 Janine

JEUDI

LesMills BODYSTEP
8:10-8:55 Karine

LesMills tone
9:00-9:50 Annick

ZUMBA
16:30-17:30 Caroline

LesMills PILATES
17:30-18:15 Caroline

LesMills BODYATTACK
18:15-19:00 Sophie T.

LesMills BODYBALANCE
19:00-20:00 Sabine

VENDREDI

LesMills BODYPUMP HEAVY
8:10-9:10 Annick

LesMills BODYBALANCE
9:10-10:10 Annick

LesMills STRENGTH
16:25-17:15 Émie

LesMills BODYCOMBAT
17:15-18:15 Karine/Émie

ZUMBA
18:15-19:15 Janine

SAMEDI

LesMills BODYPUMP
8:30-9:30 Elizabeth

LesMills BODYATTACK
9:35-10:20 Elizabeth

LesMills CORE
10:20-11:10 Elizabeth

ZUMBA
11:10-12:10 Caroline

LesMills BODYBALANCE
12:10-13:10 Caroline

DIMANCHE

LES MILLS BODYSTEP
8:10-9:10 KARINE

LesMills STRENGTH
9:10-10:00 Karine

LesMills BODYBALANCE
10:05-11:05 Sabine

MISE EN FORME
Econofitness

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**À PARTIR DU
29 JUIN**

MISE EN FORME
Econofitness