

COURS EN GROUPE AVEC COACH

EXCLUSIF AUX MEMBRES EXTRA

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
ZUMBA 8:30-9:30 Anny-Claude	LesMills STRENGTH 8:30-9:20 Lucie	LesMills STRENGTH 8:30-9:20 Lucie	ZUMBA 8:30-9:30 Anny-Claude			
LesMills STRENGTH 9:30-10:20 Lucie	LesMills BODYBALANCE 9:30-10:30 Tommy	LesMills PILATES 9:30-10:15 Lucie	LesMills STRENGTH 9:30-10:20 Lucie	LesMills BODYBALANCE 9:30-10:30 Tommy	ZUMBA 9:00-9:45 Christiane	
LesMills PILATES 10:25-11:10 Lucie					LesMills PILATES 09:50-10:35 Christiane	LesMills BODYPUMP 10:00-11:00 Sarah
LesMills BODYPUMP 12:00-13:00 Marie-Michelle	LesMills BODYATTACK 12:00-12:45 Marie-Michelle	LesMills STRENGTH 12:00-12:50 Marie-Michelle		LesMills BODYPUMP 12:00-13:00 Marie-Michelle		
LesMills BODYATTACK 16:30-17:15 Yannick	LesMills BODYPUMP 16:30-17:30 Marie-Michelle	LesMills BODYATTACK 16:30-17:15 Yannick	LesMills STRENGTH 16:45-17:35 Marie-Michelle			
LesMills BODYPUMP 17:15-18:15 Yannick	LesMills BODYATTACK 17:35-18:05 Marie-Michelle	LesMills BODYPUMP 17:15-18:15 Yannick	LesMills BODYATTACK 17:35-18:35 Marie-Michelle			
LesMills BODYBALANCE 18:20-19:20 Mélanie	ZUMBA 18:05-19:05 Christiane					

Semaine du
26 janvier
2026