

COURS COLLECTIFS

STUDIOS FITNESS & VÉLOS

SAINT-POURÇAIN

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
	9 ^h 30 - 10 ^h 15 TEAM PILATES		9 ^h 30 - 10 ^h 15 BIKE	9 ^h 30 - 10 ^h 15 GYM POSTURALE	9 ^h 30 - 10 ^h 15 TEAM TRAINING
					10 ^h 15 - 10 ^h 45 BIKE
12 ^h 30 - 13 ^h 15 BIKE	12 ^h 30 - 13 ^h 15 LES MILLS BODYPUMP		12 ^h 30 - 13 ^h 15 LES MILLS BODYBALANCE	12 ^h 30 - 13 ^h 15 TEAM TRAINING	
		16 ^h 45 - 17 ^h 30 KIDS TRAINING			
	17 ^h 15 - 18 ^h 00 TEAM TRAINING		17 ^h 15 - 18 ^h 00 BIKE	17 ^h 00 - 17 ^h 45 KIDS TRAINING	
17 ^h 30 - 18 ^h 15 TEAM TRAINING	18 ^h 00 - 18 ^h 45 BIKE	17 ^h 45 - 18 ^h 30 LES MILLS BODYPUMP	18 ^h 00 - 18 ^h 45 AFC	17 ^h 45 - 18 ^h 30 BIKE	
18 ^h 15 - 19 ^h 00 LES MILLS BODYPUMP	18 ^h 45 - 19 ^h 30 DANCE	18 ^h 30 - 19 ^h 15 LES MILLS BODYCOMBAT	18 ^h 45 - 19 ^h 30 STEP	18 ^h 30 - 19 ^h 15 TEAM TRAINING	
19 ^h 15 - 20 ^h 00 BIKE	19 ^h 30 - 20 ^h 15 LES MILLS BODYBALANCE	19 ^h 15 - 20 ^h 00 AFC	19 ^h 30 - 20 ^h 15 TEAM PILATES	19 ^h 15 - 19 ^h 45 STRETCH	

Attention, vos séances de Team Training et de RPM sont sur inscription : nombre de places limité.