

PROGRAMME DES COURS COLLECTIFS

	LUNDI	MARDI	MERCREDI	JEUDI
7H				
12	Les Mills CORE™ Express <i>12 :15 – 12 :45</i>	BODYBALANCE™ <i>12 :15 – 13 :15</i>	HIGH INTENSITY TRAINING <i>12 :15 – 12 :45</i>	BODYBALANCE™ <i>12 :15 – 13 :45</i>
17 :30				
18 :30		FULL BODY <i>18 :30 – 19 :30</i>		