

CYCLE

cours collectifs

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

06:45

 **CYCLE**

06:45

 **CYCLE**
Training A

08:30

 **CYCLE**
Training B

12:15

 **CYCLE**

12:15

 **HYBRID**
force

12:15

 **CYCLE**
Training A

12:15

 **PILATES**

17:15

 **HYBRID**
cardio

18:15

 **HYBRID**
mobilité
 **CYCLE**

18:15

 **CYCLE**
 **PILATES**

18:15

 **CYCLE**
 **HYBRID**
cardio

18:15

 **CYCLE**
 **HYBRID**
force

18:15

 **CYCLE**
Training A
 **PILATES**

19:15

 **PILATES**
 **CYCLE**
Training A

19:15



 **CYCLE**

19:15

 **CYCLE**
Training B

19:15

 **HYBRID**
mobilité

-  Cardio
-  Renforcement Musculaire
-  Entraînement Mixte