

Nos cours collectifs

Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
Studio 1						
9:30-10:30 Seniors			9:30-10:30 Seniors		9:00-10:00 	
					10:00-11:00 	10:00-11:00 
			15:30-16:30 Circuit training kids		11:15-12:15 	11:00-12:00 Yoga 
					12:30-13:30 	11:00-12:00 RUNNIX
17:30-18:00 	17:30-18:00 Cardio 	17:30-18:00 HIIT	17:30-18:00 Abdos 			
18:00-19:00 	18:00-19:00 Révo Fight	18:00-19:00 	18:00-19:00 	18:00-19:00 Kickboxing kids 7-11 ans		
19:00-20:00 	19:00-20:00 	19:00-20:00 				
20:00-21:00 	20:00-21:00 	20:00-21:00 	20:00-21:00 Yoga 			
Studio 2						
	19:30-20:30 		20:00-21:00 			
Zone 3						
						10:00-11:00 Circuit Training
				17:30-18H Circuit Training		
	19:00-20:00 Hyro Fit		19:00-20:00 Hyro Fit			