

Revolution Fitness SRL

Nos cours collectifs

	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi	Dimanche
9:00-10:00						LES MILLS BODYSTEP	
9:30-10:30	Seniors			Seniors			
10:00-11:00	REFORMER*	REFORMER*		REFORMER*		LES MILLS BODYPUMP	ZUMBA Circuit Training
11:00-12:00							Yoga
11:15-12:15						LES MILLS BODYBALANCE	Tyr Training
12:00-12:50	LES MILLS Shapes	REFORMER*	REFORMER*				REFORMER*
12:30-13:30						LES MILLS Shapes	
15:30-16:30			Circuit training kids				
17:30-18:00			HIIT	TRX	Circuit Training		
17:30-18:15	LES MILLS BODYSTEP	TRX					
18:00-19:00			LES MILLS BODYPUMP	LES MILLS Shapes	Kids Boxe		
18:15-19:00	LES MILLS BODYATTACK	Révo Fight	REFORMER*				
19:00-20:00	LES MILLS BODYPUMP	Hyro Fit ZUMBA	LES MILLS BODYATTACK REFORMER*	Hyro Fit REFORMER*			
20:00-21:00	LES MILLS BODYBALANCE	LES MILLS Shapes	LES MILLS PILATES	Yoga			

Force :	LesMills Bodypump
Circuit :	Seniors - circuit training - Hyro Fit - Tyr training
cardio :	LesMills BodyAttack - LesMills BodyStep - Zumba - Révo Fight
Mind&Body :	LesMills BodyBalance - Yoga
Sculpt/core/pilates :	LesMills Shapes - LesMills Pilates - TRX - Reformer* (abo premium)
Kids (7-12 ans) :	Circuit training kids - Kids Boxe

Heures d'ouverture:

Lun-Ven	07:00-21:30
Sam	08:30-16:00
Dim/jour férié	08:30-14:00

Coordonnées du club

Revolution Fitness SRL
Chaussée romaine 244
4300 WAREMME

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