

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

09:30 - 10:15

CORE

10:30 - 11:15

LES MILLS
BODYPUMP

10:30 - 11:15

LES MILLS
Shapes

10:30 - 11:15

LES MILLS
DANCE

11:30 - 12:15

TRAINING

12:30 - 13:15

TRAINING

17:45 - 18:30

STEP

17:45 - 18:30

CORE

17:45 - 18:30

TRAINING

18:30 - 19:15

LES MILLS
Shapes

18:30 - 19:15

LES MILLS
BODYPUMP

18:30 - 19:15

LES MILLS
DANCE

18:30 - 19:15

LES MILLS
BODYATTACK

19:15 - 20:00



19:15 - 20:00

LES MILLS
BODYCOMBAT

19:30 - 20:15

LES MILLS
BODYPUMP

20:00 - 20:45

TRAINING



STUDIO

V
I
D
A