

LUNDI

9H30
BODYATTACK 45'

12H15
LM CORE 45'

17H45
BODY BALANCE 45'

18H00
HBX | move 45'

18H30
BODYATTACK 45'

18H30
RPM 45'

18H45
LES MILLS GRIT | STRENGTH 30'

19H25
LES MILLS FUNCTIONAL STRENGTH 45'

20H00 - 21H00
BOXE FRANCAISE
+ DE 15ANS

MARDI

09H30
BODY PUMP 45'

12H15
BODY ATTACK 45'

17H45
LM CORE 30'

18H15
LES MILLS GRIT | STRENGTH 30'

18H30
ZUMBA 45'

18H45
HBX | move 30'

19H15
STEP 45'

19H30
RPM 45'

MERCREDI

09H30
PILATES 45'

12H15
LES MILLS GRIT | STRENGTH 30'

14H30 - 15H45
BOXE FRANCAISE
12-14 ANS

18H00
LES MILLS GRIT | CARDIO 30'

18H30
BODY COMBAT 55'

18H30
HBX | move 45'

JEUDI

09H30
RPM 45'

12H15
BODY PUMP 45'

17H45
LES MILLS FUNCTIONAL STRENGTH 45'

18H00
BODY ATTACK 30'

18H30
BODY PUMP 30'

18H30
SPRINT 30'

18H30 - 20H00
BOXE FRANCAISE
+ DE 15 ANS

19H15
BODY BALANCE 45'

VENDREDI

09H00
HBX | move 45'

09H30
BODY BALANCE 45'

12H15
RPM 30'

STUDIO COURS COLLECTIFS

STUDIO CYCLING

STUDIO TEAM TRAINING / BOXE

SAMEDI

09H30
SPRINT 30'

10H00
LES MILLS GRIT | ATHLETIC 30'

11H15
LES MILLS FUNCTIONAL STRENGTH 45'

LIBERTÉ FITNESS

RÉVÉLEZ VOTRE POTENTIEL