



COURS COLLECTIFS FITNESS



Lundi	Mardi	Mercredi	Jeudi	Vendredi
9h15 CAF <small>COURSES ABOUS PESSIERS</small>	9h YOGA LES MILLS RPM 9h15		9h15 Pilates	9h15 LES MILLS BODYBALANCE
	10h15 Stretch	10h15 PILATES BALL	10h15 Stretch	
12h30 LES MILLS RPM	12h30 HEALTHTIC			12h30 LES MILLS RPM
17h45 CAF <small>COURSES ABOUS PESSIERS</small>				
18h15 LES MILLS RPM	18h00 LES MILLS BODYBALANCE	18h YOGA LES MILLS RPM	17h45 HIT	18h ZUMBA
18h30 LES MILLS BODYPUMP	18h30 LES MILLS RPM		18h30 LES MILLS RPM	18h45 LES MILLS RPM
19h30 LES MILLS RPM	19h ZUMBA	19h LES MILLS RPM	18h45 LES MILLS BODYPUMP	18h55 ZUMBA
19h30 ZUMBA	19h55 ZUMBA	19h15 Pilates	19h45 BodyZen	19h45 ZUMBA