

PLANNING COURS COLLECTIFS

CHASSENEUIL FUTUROSCOPE

LUNDI

10H30 45'

LES MILLS
BODYPUMP

12H30 45'

CROSS 45
HERO'S TRAINING

18H00 45'

LES MILLS
RPM

18H50 45'

BOXING

19H40 45'

LES MILLS
BODYPUMP

MARDI

10H30 45'

PILATES

12H30 45'

LES MILLS
BODYPUMP

18H00 45'

LES MILLS
BODYATTACK

18H50 30'

CROSS 45
HERO'S TRAINING

19H25 45'

PILATES

MERCREDI

10H30 45'

WOD 45
CROSS HALTÉRO

12H30 45'

LES MILLS
RPM

16H00 60'

4 CROSS
KID'S
TEEN'S

18H00 45'

CAF
CUISSÉ ABDOSS FESSIERS

18H50 45'

LES MILLS
BODYPUMP

19H40 45'

STRETCHING

JEUDI

10H30 45'

LES MILLS
BODYBALANCE

12H30 45'

CAF
CUISSÉ ABDOSS FESSIERS

18H50 45'

STEP

18H50 45'

LES MILLS
RPM

19H40 45'

BOXING

VENDREDI

12H30 45'

WOD 45
CROSS HALTÉRO

18H00 45'

CROSS 45
HERO'S TRAINING

18H50 45'

YOGA

SAMEDI

10H00 45'

LES MILLS
RPM

10H50 45'

LES MILLS
BODYPUMP

11H40 45'

CROSS 45
HERO'S TRAINING

