

COURS COLLECTIFS

STUDIOS FITNESS & VÉLOS

BRIOUDE

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9 ^H 30 - 10 ^H 15 AFC		9 ^H 30 - 10 ^H 15 PILÂTES		9 ^H 30 - 10 ^H 15 BIKE	9 ^H 30 - 10 ^H 15 LES MILLS BODYPUMP
	12 ^H 20 - 13 ^H 00 BIKE		12 ^H 20 - 13 ^H 00 LES MILLS BODYBALANCE		
17 ^H 30 - 18 ^H 15 BIKE		17 ^H 15 - 18 ^H 00 KIDS TRAINING		17 ^H 15 - 18 ^H 00 ZUMBA kids	
18 ^H 15 - 19 ^H 00 LES MILLS BODYPUMP	18 ^H 15 - 19 ^H 00 LES MILLS BODYATTACK	18 ^H 15 - 19 ^H 00 BIKE	18 ^H 15 - 19 ^H 00 AFC	18 ^H 15 - 19 ^H 00 STEP	
19 ^H 15 - 20 ^H 00 LES MILLS BODYCOMBAT	19 ^H 00 - 19 ^H 30 LES MILLS CORE	19 ^H 00 - 19 ^H 45 LES MILLS BODYPUMP	19 ^H 00 - 19 ^H 45 DANCE		
	19 ^H 30 - 20 ^H 15 LES MILLS BODYBALANCE	19 ^H 45 - 20 ^H 15 STRETCH	19 ^H 45 - 20 ^H 30 BIKE		