

COURS COLLECTIFS

STUDIOS FITNESS & VÉLOS

THIERS

| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI |
|--|--|--|---|---|---|
| | 9 ^H 30 - 10 ^H 15 STRETCH | | | | |
| | | | | | 11 ^H 00 - 11 ^H 45 LES MILLS RPM |
| 12 ^H 20 - 13 ^H 05 LES MILLS BODYPUMP | 12 ^H 20 - 13 ^H 05 LES MILLS RPM | | 12 ^H 20 - 13 ^H 05 LES MILLS BODYBALANCE | | |
| | | 14 ^H 00 - 16 ^H 00 KIDS TRAINING | | | |
| 17 ^H 45 - 18 ^H 30 AFC LES MILLS RPM | | 17 ^H 45 - 18 ^H 30 STEP | | 18 ^H 00 - 18 ^H 30 LES MILLS RPM | |
| 18 ^H 30 - 19 ^H 15 LES MILLS BODYCOMBAT | 18 ^H 15 - 19 ^H 00 LES MILLS BODYPUMP | 18 ^H 30 - 19 ^H 15 LES MILLS BODYATTACK | 18 ^H 30 - 19 ^H 15 LES MILLS RPM | 18 ^H 30 - 19 ^H 00 ABDOS FLASH | |
| 19 ^H 15 - 20 ^H 00 LES MILLS BODYBALANCE | 19 ^H 15 - 20 ^H 00 LES MILLS RPM | 19 ^H 15 - 20 ^H 00 STRETCH | 19 ^H 15 - 20 ^H 00 LES MILLS BODYPUMP | | |