

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

Salle

Plateau

Salle

Plateau

Salle

Plateau

Salle

Plateau

Salle

Plateau

Salle

Plateau

09h00 45'

O'FIT CAF

09h15 30'
O'FIT Cross

09h45 45'

O'FIT
Stretch

10h35 45'

Postural Ball®

09h00 45'

O'FIT Gym

09h15 30'
O'FIT Cross

09h45 45'

LES MILLS
tone

10h35 45'

TRX YOGA

09h00 45'

O'FIT
Pilates

09h45 45'

O'FIT CAF

10h35 45'

O'FIT
Stretch

09h00 45'

O'FIT
Dance

09h45 45'

LES MILLS
BODYBALANCE

10h35 45'

Postural Ball®

09h00 45'

O'FIT Gym

09h45 45'

O'FIT
Sculpt

10h35 45'

O'FIT
Stretch

9h45 45'

LES MILLS
BODYPUMP

10h35 30'

O'FIT CAF

11h05 30'
O'FIT Stretch

12h30 45'

O'FIT CAF

12h30 30'
O'FIT Cross

12h30 45'

LES MILLS
BODYPUMP

12h30 45'

LES MILLS
BODYATTACK

12h30 45'

O'FIT
Cross

12h30 45'

LES MILLS
BODYBALANCE

17h30 45'

LES MILLS
BODYPUMP

17h30 45'

LES MILLS
BODYBALANCE

17h30 45'

LES MILLS
tone

17h30 45'

O'FIT
Pilates

17h30 60'

O'FIT
Dance

17h30 45'

TRX

18h30 45'

O'FIT
Dance18h30 30'
O'FIT Cross

18h15 45'

O'FIT
Sculpt18h30 30'
O'FIT Cross

18h15 45'

O'FIT CAF

18h15 45'

LES MILLS
BODYATTACK

18h30 45'

LES MILLS
BODYPUMP

19h20 45'

O'FIT CAF

19h15 30'
O'FIT Cross

19h05 30'

LES MILLS
BODYATTACK19h00 30'
O'FIT Cross

19h05 45'

O'FIT Step
Deb/Int

19h05 45'

O'FIT CAF

19h20 45'

LES MILLS
BODYBALANCE

20h05 30'

LES MILLS
tone

19h35 45'

O'FIT
Pilates

19h50 45'

O'FIT
Stretch

19h50 45'

TRX

20h05 45'

Postural Ball®

Renforcement

Cardio

Bien-être

Small Group
(en option)Plateau
musculaturePLANNING
COURS
COLLECTIFS