



Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

9 h - 21 h 15

7 h - 21 h

7 h - 21 h

9 h - 21 h 15

9 h - 21 h

8 h 30 - 13 h

9 h 30 - 10 h 25

9 h 30 - 10 h 15

**LES MILLS**  
**BODYPUMP** <sup>55'</sup>

**CAF**  
CUISSSES ABDOS FESSIERS

10 h 35 - 11 h 05

10 h 15 - 11 h 15

10 h - 11 h

10 h 30 - 11 h 15

STRETCHING

BALANCE

**DanZenga**  
DANSE | STRETCHING | RELAXATION

Postural Ball®

12 h 30 - 13 h 15

12 h 15 - 13 h 15

**LES MILLS**  
**BODYPUMP**

BALANCE

17 h 45 - 18 h 30

17 h 45 - 18 h 30

17 h 45 - 18 h 30

17 h 45 - 18 h 30

**LADY**  
**BOXING**

**CAF**  
CUISSSES ABDOS FESSIERS

*dance*

*step*

17 h 45 - 18 h 30

18 h 30 - 19 h 15

19 h 30 - 20 h 15

18 h 30 - 19 h 15

18 h 15 - 19 h 15

Postural Ball®

**STRONG**  
BY ZUMBA™

**LES MILLS**  
**BODYPUMP**

**LES MILLS**  
**BODYPUMP**

 **ZUMBA**®

20 h 15 - 21 h 15

**DanZenga**  
DANSE | STRETCHING | RELAXATION



PROGRAMME

2020  
2021

04 66 93 68 01

06 21 69 62 27



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