

Planning cours collectifs 2023-2024

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
9H15-10H LES MILLS RPM	9H15-10H  PILATES	9H15-10H BODY SCULPT	9H15-10H10 LES MILLS BODYBALANCE	9H30-10H10 ABDOS FESSIERS	9H15-10H LES MILLS BODYPUMP
10H15-10H50 ABDOS FESSIERS	10H15-11H LES MILLS BODYPUMP	10H15-11H10 LES MILLS BODYJAM	10H15-11H10 GYM DOUCE	10H15-11H10 LES MILLS BODYBALANCE	10H15-11H LES MILLS RPM
11H-11H45 LES MILLS tone	11H15-12H STRETCHING	11H15-12H LES MILLS RPM	11H15-12H LES MILLS BODYATTACK	11H15-12H  PILATES	11h30-12H45 YOGA 
12H35-13H20 MOBILITÉ & SANTÉ	12H35-13H20  PILATES	12H35-13H20 SMALL GROUP PERTE DE POIDS AFFINEMENT	12H35-13H20 SPÉCIAL DOS	12H35-13H10 LES MILLS RPM 30 MIN	ESPACE FORM  www.espace-form.fr 02.51.32.96.96  
18H-18H20 ABDOS	16H30-17H45 YOGA 	16H ▶ 18H CROSS ADO / CROSS ADO 8/12 ans 13/16 ans	17H-18H15 YOGA 	17H15-18H  PILATES	
18H30-19H20 LES MILLS BODYPUMP	18H-18H45 LES MILLS RPM	18H30-18H55 ABDOS FESSIERS	18H25-18H40 ABDOS EXPRESS	18H15-18H45 LES MILLS RPM CHALLENGE	
19H30-20H30 LES MILLS BODYATTACK	19H-19H40 LES MILLS tone	19H-19H50 LES MILLS BODYPUMP	18H45-19H30 LES MILLS RPM	19H-19H25 ABDOS	
	19H45-20H30 BODY SCULPT	20H-20H45 LES MILLS BODYBALANCE	19H45-20H30 LES MILLS BODYCOMBAT	19H30-20H15 LES MILLS BODYJAM	6H-23H ▶ Lundi -Vendredi 8H-22H ▶ WE

VOS COACHS : Maxime, Mélissa, Titouan, Véronique, Léa, Alain, Christophe, Francis