

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9h15 STEP 1	9h15 LES MILLS BODYPUMP	9h15 LES MILLS tone	9h15 CULTURE PHYSIQUE ABDOS-FESSIERS	9h15 LES MILLS BODYSTEP	10h LES MILLS BODYPUMP	10h - 12h30 COACHING MUSCULATION
10h15 ABDOS FESSIERS	10h15 LES MILLS BODYATTACK	10h15 GYM DOUCE	10h15 LES MILLS BODYJAM	10h15 LES MILLS BODYBALANCE	10h15 BIKING	
11h15 LES MILLS tone				11h15 LES MILLS BODYBALANCE	11h15 BIKING	
10h30 BIKING	11h15 STRETCHING	11h15 STRETCHING	11h15 STRETCHING	11h15 pilates		
12h30 crosstraining	12h30 pilates		12h30 BIKING	12h30 LES MILLS BODYBALANCE	 <p>Fitness - Musculation - Coaching - Squash</p> <p>ESPACE FORM</p> <p>www.espace-form.fr</p> <p>12 Bd du Souvenir Français, Les Sables d'Olonne (85) 02 51 32 96 96</p>	
		17h FITNESS ADO		17h15 pilates		
17h30 CUISSES ABDOS-FESSIERS	18h ABDOS	18h pilates	17h30 TRX Training Zone	18h15 crosstraining		
18h30 LES MILLS BODYPUMP	19h AERO DANCE	19h LES MILLS tone	18h15 LES MILLS BODYPUMP	19h15 LES MILLS BODYJAM	<p>OUVERT 7/7</p> <p>LUNDI - VENDREDI 9H - 21H15</p> <p>SAMEDI 9H15 - 12H45 et 14H - 16H30</p> <p>DIMANCHE 10H - 12H30</p>	
18h45 BIKING	19h BIKING					
19h45 LES MILLS BODYCOMBAT	20h CULTURE PHYSIQUE ABDOS-FESSIERS	20h LES MILLS BODYPUMP	19h30 LES MILLS BODYATTACK	20h15 LES MILLS BODYBALANCE		
20h45 TRX Training Zone						

REGLES SANITAIRES COVID 19
LES COURS ET LES SEANCES DE MUSCULATION SONT UNIQUEMENT SUR RESERVATION