

LUNDI

10:00 Stretching 45'

17:00 Yoga 45'

17:45 Body Sculpt 45'

18:30 Bike 45'

19:15 Yoga 45'

MARDI

10:00 Body Sculpt 60'

10:00 Yoga 30'

11:00 Bike 45'

12:30 Circuit Training 45'

17:45 Step 45'

18:30 Circuit Renfo 45'

18:30 Yoga 45'

19:15 Gymball 45'

MERCREDI

10:00 Circuit Training 45'

10:45 Body Harmony 45'

17:45 FAC 45'

18:30 Tabata 45'

JEUDI

10:00 Cardio Tonic 45'

10:45 Flash Abdos 20'

17:45 Bike 45'

18:30 Body Sculpt 45'

18:30 Tai-Chi 45'

19:15 Pilates 45'

COURS COLLECTIFS

VENREDI

10:00	FAC	45'
10:45	Pilates	45'
12:30	Circuit Training	45'
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17:45	Cardio Tonic	45'
18:30	Pilates	45'

SAMEDI

10:00	Cardio Tonic	45'
11:00	Body Sculpt	45'

DIMANCHE

10:00	Open Access Training	120'
(Circuits muscu/cardio en accès libre)		

ON DEMAND

Virtual Bike by GH

30'/45'

Du Lundi au Dimanche

SPORT SANTÉ

LUNDI

17:00 Yoga

18:00 Circuit Training

19:15 Yoga

MARDI

10:00 Yoga

18:30 Yoga

MERCREDI

10:00 Circuit Training

18:00 Circuit Training

VENDREDI

10:00 Circuit Training