

## Lundi

10h00 (45mn)  
  
**CROSSTRAINING**  
 NEW


10h45 (45mn)  
  
 MOBILITÉ/  
 STRETCHING

18h00 (60mn)  
  
 PILATES

19h00 (45mn)  
  
 GYM TONIC

19h45 (30mn)  
  
**GENFIT**  
 NEW


## Mardi

10h00 (45mn)  
  
**LES MILLS BODYPUMP**

10h45 (60mn)  
  
 YOGA


18h00 (30mn)  
  
 100% ARDOS XL

18h30 (60mn)  
  
**LES MILLS BODYCOMBAT**

19h30 (60mn)  
  
**LES MILLS BODYPUMP**

20h30 (60mn)  
  
 SWISSBALL  
 NEW

## Mercredi

9h45 (60mn)  
  
 SWISSBALL  
 NEW

18h15 (30mn)  
  
**LES MILLS CORE**  
 Abdos Fessiers  
 NEW

18h45 (60mn)  
  
**LES MILLS BODYATTACK**

19h45 (15mn)  
  
 STRETCHING

20h00 (45mn)  
  
**ZUMBA**  
 fitness

## Jeudi

10h00 (45mn)  
  
 GYM TONIC

10h45 (30mn)  
  
 CROSSTRAINING  
 NEW

18h00 (45mn)  
  
**LES MILLS BODYPUMP**

18h45 (45mn)  
  
 STEP

19h30 (45mn)  
  
 PILATES/YOGA

20h15 (45mn)  
  
**LES MILLS BODYCOMBAT**

## Vendredi


10h (60mn)  
  
 PILATES/YOGA

18h00 (45mn)  
  
**LES MILLS GENFIT**  
 NEW

18h45 (30mn)  
  
 CLISSES ARDOS FESSIERS

19h15 (45mn)  
  
**ZUMBA**  
 fitness

## Samedi

10h00 (45mn)  
  
**LES MILLS BODYPUMP**

10h45 (45mn)  
  
**LES MILLS BODYCOMBAT**

11h30 (15mn)  
  
 STRETCHING

## Dimanche

10h30 (45mn)  
  
 GYM TONIC

11h15 (30mn)  
  
 CLISSES ARDOS FESSIERS

11h45 (30mn)  
  
 YOGA FLEX



# PLANNING FITNESS

## Sept 2023

**NOUVEAU**

**LES MILLS GENFIT** 

**LES MILLS CORE** 

www.fashion-fitness91.com

