

# AQUAPOLE - PLANNING FITNESS

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

Dimanche

10h00 (45)

caf

11h00 (45)

LES MILLS  
VIRTUAL

12h30 (45)

LES MILLS  
BODYPUMP

LES MILLS  
RPM

15h00 (45)

LES MILLS  
VIRTUAL

17h30 (45)

abdos 30'

18h00 (45)

LES MILLS  
BODYATTACK

19h00 (45)

caf

LES MILLS  
VIRTUAL

10h00 (45)

bodysculpt

11h00 (45)

LES MILLS  
VIRTUAL

12h30 (45)

LES MILLS  
BODYBALANCE

18h00 (45)

circ. training

LES MILLS  
BODYPUMP

19h00 (45)

yoga

LES MILLS  
VIRTUAL

11h00 (45)

LES MILLS  
VIRTUAL

12h30 (45)

caf

16h30 (45)

LES MILLS  
VIRTUAL

18h00 (45)

LES MILLS  
BODYBALANCE

LES MILLS  
RPM

19h00 (45)

LES MILLS  
BODYATTACK

TRX Suspension  
Training

10h00 (45)

yoga

11h00 (45)

LES MILLS  
VIRTUAL

12h30 (45)

LES MILLS  
RPM

18h00 (45)

step

19h00 (45)

ZUMBA  
FITNESS

LES MILLS  
VIRTUAL

20h00 (45)

circ. training

10h00 (45)

LES MILLS  
BODYBALANCE

11h00 (45)

LES MILLS  
VIRTUAL

12h30 (45)

circ. training

LES MILLS  
BODYATTACK

15h00 (45)

LES MILLS  
VIRTUAL

18h00 (45)

caf

LES MILLS  
VIRTUAL

19h00 (45)

LES MILLS  
RPM

10h00 (45)

LES MILLS  
RPM

11h00 (45)

LES MILLS  
BODYPUMP

LES MILLS  
VIRTUAL

12h00 (30)

stretching



A partir du 2 septembre 2019