

PLANNING SAINT DONAT

COURS COLLECTIFS

PLATINIUM
CENTER

LUNDI

09H15 45'

BODY PUMP

10H15 45'

BODY BALANCE

12H20 45'

BODY COMBAT

17H30 45'

CAF

18H15 45'

RPM

18H30 45'

BODY PUMP

19H30 45'

STEP

MARDI

09H15 45'

MOBILITE

10H15 45'

CAF

12H20 45'

RPM

17H00 45'

RPM

17H30 45'

CROSS TRAINING

18H30 45'

BODY COMBAT

19H30 45'

BODY BALANCE

MERCREDI

10H15 45'

RPM

12H20 45'

CAF

17H45 45'

MOBILITE

18H45 45'

CAF

19H30 45'

RPM

JEUDI

09H15 45'

CAF

10H15 45'

CROSS TRAINING

12H20 45'

BODY PUMP

17H45 45'

BODY PUMP

18H45 45'

SH'BAM

19H30 45'

RPM

VENDREDI

09H15 45'

RPM

10H15 45'

BODY BALANCE

12H20 45'

BODY BALANCE

17H45 45'

RPM

18H45 45'

CROSS TRAINING

SAMEDI

09H15 45'

MOBILITE

10H15 45'

RPM

HORAIRES D'ACCUEIL

Du lundi au vendredi

9h-13h30 & 15h-20h30

Samedi

9h-12h

LES MILLS

COURS VIRTUELS

A LA DEMANDE

6h-23h



COURS SUR RESERVATION