

PLANNING PIZANCON

COURS COLLECTIFS

LUNDI	MARDI	MERCREDI
09H15 45' BODY PUMP	09H15 45' PILATES	09H15 45' CAF
10H15 45' STRETCH	10H15 45' CAF	10H15 45' MOBILITE
12H20 45' RPM	12H20 45' BODY PUMP	12H20 30' 100% ABDOS
12H20 30' HIIT		
17H30 45' RPM	17H45 45' CAF	17H45 45' BODY PUMP
17H45 45' LES MILLS DANCE	18H30 45' BODY ATTACK	18H45 45' AERO DANCE
18H30 45' RPM	19H15 45' RPM	19H00 45' RPM
18H45 45' BODY PUMP	19H30 45' BODY BALANCE	19H30 45' BODY COMBAT
19H45 45' BODY COMBAT		

JEUDI	VENREDI
09H15 45' RPM	09H15 45' BODY SCULPT
10H15 30' 100% ABDOS	10H15 45' BODY BALANCE
12H20 30' HIIT	12H20 30' CAF
12H20 45' RPM	
18H00 45' CROSS TRAINING	17H45 45' LES MILLS DANCE
18H45 45' STEP	18H45 45' RPM
19H45 45' PILATES	

SAMEDI

09H15 45'
BODY PUMP

10H15 45'
RPM

HORAIRES D'ACCUEIL
DU LUNDI AU JEUDI
9H-13H30 & 15H30-20H30
VENREDI
9H-13H30 & 15H30-20H
SAMEDI
9H-12H

COACH CLASS

LUNDI	MARDI	MERCREDI	JEUDI
18H30 45' BOXE TRAINING	18H15 45' CROSS TRAINING	18H30 30' HIIT	18H45 45' BOXE TRAINING

LES MILLS
COURS VIRTUELS

