

PLANNING SAINT DONAT

COURS COLLECTIF

LUNDI

09H15 45'

**BODY
PUMP**

10H15 45'

**BODY
BALANCE**

12H20 45'

**BODY
COMBAT**

17H30 45'

CAF

18H00 45'

RPM

18H30 45'

**BODY
PUMP**

19H00 45'

RPM

19H30 45'

STEP

MARDI

09H15 45'

MOBILITE

10H15 45'

CAF

12H20 45'

RPM

17H30 45'

RPM

17H30 45'

**CROSS
TRAINING**

18H30 45'

**BODY
COMBAT**

19H30 45'

**BODY
BALANCE**

MERCREDI

10H15 45'

RPM

12H20 45'

CAF

17H45 45'

MOBILITE

18H30 45'

RPM

18H45 45'

CAF

19H30 45'

RPM

JEUDI

09H15 45'

CAF

10H15 45'

**CROSS
TRAINING**

12H20 45'

**BODY
PUMP**

17H45 45'

**BODY
PUMP**

18H45 45'

**LES MILLS
DANCE**

19H30 45'

RPM

VENDEDI

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

HORAIRE

D'ACCUEIL

DU LUNDI AU JEUDI
9H-13H30 & 15H-20H30

VENDEDI
9H-13H30 & 15H-20H

SAMEDI
9H-12H

LES MILLS

COURS VIRTUELS

