

LUNDI
TONIC
9H³⁰  60'

MARDI
HATHA YOGA
09H³⁰  60'

MERCREDI
RENFO TRAINING
09H³⁰  60'

JEUDI
YIN YOGA
9H³⁰  60'

VENDREDI
PILÂTES
9H³⁰  60'

SAMEDI
CROSS TRAINING
11H⁰⁰  45'

DIMANCHE

HATHA YOGA
12H³⁰  60'

PILÂTES
12H³⁰  45'

CROSS TRAINING
12H³⁰  45'

RENFO TRAINING
12H³⁰  45'

CARDIO TRAINING
18H³⁰  45'

TONIC
18H⁰⁰  45'

WOMEN TRAINING
18H³⁰  45'

PILÂTES
18H⁰⁰  45'

RENFO TRAINING
19H³⁰  45'

COMBAT
19H⁰⁰  45'

CROSS TRAINING
20H¹⁵  45'

YOGA **VINYASA**
18H⁴⁵  60'


YIN YOGA
18H³⁰  60'

PUMP
20H⁰⁰  45'

RPM
18H³⁰  50'

RPM
19H⁰⁰  45'

RPM
12H³⁰  50'

SPRINT
19H³⁰  30'




SPRINT
12H³⁰  30'

SPRINT
19H³⁰  30'

RPM XL
19H³⁰  60'

RPM
10H⁰⁰  50'

PLANNING FITNESS
PLANNING CYCLING


TRÈS ACCESSIBLE

ACCESSIBLE

INTENSE