



LUNDI

TONIC

9H³⁰  60'

HATHA YOGA

12H³⁰  60'

CARDIO TRAINING

18H³⁰  45'

RENFO TRAINING

19H³⁰  45'

RPM

18H³⁰  50'

SPRINT

19H³⁰  30'

MARDI

RENFO POSTURAL

09H³⁰  60'

PILÂTES

12H³⁰  45'

STRETCHING

17H³⁰  45'

PILÂTES

18H¹⁵  45'

RENFO CAF

19H⁰⁰  45'

PUMP

20H³⁰  45'

SPRINT

12H³⁰  30'

RPM XL

19H¹⁵  60'

MERCREDI

RENFO TRAINING

09H³⁰  60'

WOMEN TRAINING

18H³⁰  45'

URBAN RUNNING

18H³⁰  60'

CROSS TRAINING

20H¹⁵  45'

RPM

12H³⁰  50'

SPRINT

19H³⁰  30'

JEUDI

YIN YOGA

9H³⁰  60'

CROSS TRAINING

12H³⁰  45'

TONIC

17H³⁰  45'

PILÂTES

18H³⁰  45'

COMBAT

19H³⁰  45'

PUMP

20H¹⁵  45'

RPM

18H³⁰  50'

VENREDI

PILÂTES

9H³⁰  60'

RENFO TRAINING

12H³⁰  45'

CIRCUIT TRAINING

18H⁰⁰  45'

RENFO TRAINING

19H⁰⁰  45'

RPM

09H³⁰  50'

SAMEDI

PILÂTES

10H⁰⁰  45'

CROSS TRAINING

11H⁰⁰  45'

RPM

10H⁰⁰  50'

DIMANCHE

KIM
LIONEL
GWLADYS
NATHAN
KATIA
MAXENCE
MATHIEU

PLANNING FITNESS

PLANNING CYCLING


TRÈS ACCESSIBLE


ACCESSIBLE


INTENSE