

#FFOD

CUGNAUX

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LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

10:00 **LES MILLS**
10:45 **BODYPUMP**

10:00 **PILATES**
10:45

10:00 **FULL SCULPT**
10:45

10:00 **CAF**
10:45

10:00 **FULL SCULPT**
10:45

09:15 **PILATES**
10:00

10:00 **FULL SCULPT**
10:45

10:45 **CAF**
11:30

10:45 **FULL GYM**
11:30

10:45 **STRETCHING**
11:30

10:45 **PILATES**
11:30

10:45 **LES MILLS**
11:30 **BODY BALANCE**

10:00 **LES MILLS**
11:00 **BODYPUMP**

12:30 **LES MILLS**
13:15 **BODYPUMP**

12:30 **CAF**
13:15

12:30 **LES MILLS**
13:15 **BODYPUMP**

18:00 **LES MILLS**
18:45 **BODYPUMP**

19:30 **PILATES**
20:15

18:00 **LES MILLS**
18:45 **BODYCOMBAT**

18:45 **CAF**
19:30

18:00 **PILATES**
18:45

18:45 **LES MILLS**
19:30 **BODYATTACK**

18:45 **LES MILLS**
19:45 **BODYPUMP**

19:30 **LES MILLS**
20:15 **BODY BALANCE**

19:30 **CAF**
20:15

Full Fitness
ON DEMAND