

#FFOD

LA PLAINE

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LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

DIMANCHE

10:00
10:45 **FULL GYM**

10:00
10:45 **PILATES**

10:00
10:45 **FULL GYM**

10:00
10:45 **CAF**

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

09:15
10:00 **PILATES**

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

10:45
11:30 **CAF**

10:45
11:30 **LES MILLS
BODYPUMP**

10:45
11:30 **PILATES**

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

10:45
11:30 **STRETCHING**

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

12:30
13:00 **CAF**

12:30
13:00 **LES MILLS
BODYPUMP**

13:00
13:30 **CAF**

12:30
13:00 **LES MILLS
BODYPUMP**

13:00
13:30 **ABDOS**

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

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

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

18:00
18:45 **PILATES**

18:45
19:05 **LES MILLS
BODYATTACK**

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

19:30
20:15 **PILATES**

18:45
19:30 **CAF**

19:30
20:15 **CAF**

19:50
20:35 **STRETCHING**

19:45
20:45 **LES MILLS
BODY BALANCE**

Full Fitness
ON DEMAND