

PLANNING

COURS COLLECTIFS

wake
up_{form}

COUTRAS

LUNDI

MARDI

MERCREDI

JEUDI

VENDREDI

SAMEDI

**WU GYM
DOUCE**

10h30 - 11h15

CAF

10h30 - 11h15

**LES MILLS
BODYBALANCE**

10h30 - 11h30

WU PILATES

10h30 - 11h30

**LES MILLS
BODYPUMP**

10h00 - 11h00

**LES MILLS
BODYBALANCE**

11h15 - 12h15

**LES MILLS
BODYPUMP**

12h30 - 13h30

WU CROSS

12h30 - 13h15

WU BIKE

12h30 - 13h15

**CORE
TRAINING**

12h30 - 13h15

**LES MILLS
BODYPUMP**

12h30 - 13h30

WU BOXE

17h45 - 18h30

CAF

17h45 - 18h30

**LES MILLS
BODYPUMP**

17h45 - 18h30

WU CROSS

17h45 - 18h30

**LES MILLS
BODYPUMP** **WU
CROSS**

18h45 - 19h45

**LES MILLS
BODYCOMBAT**

18h45 - 19h45

**LES MILLS
BODYJAM**

18h45 - 19h45

WU BIKE

18h45 - 19h30

**LES MILLS
BODYBALANCE**

20h00 - 21h00

WU PILATES

20h00 - 21h00

WU BIKE

20h00 - 21h00