

PLANNING

SILVER FITNESS CLUB

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
10h00 30' B-SCULPT	10h00 45' EMOM	10h00 45' PILATES	10h00 45' LES MILLS BODYCOMBAT	10h00 45' LES MILLS BODYPUMP	09h45 30' B-BIKING
10h30 30' LES MILLS CORE	10h45 45' YOGA	10h45 45' B-BIKING	10h45 45' MOBILITY	10h45 45' B-BIKING	10h15 45' LES MILLS CORE XL
11h00 30' STRETCH & RELEASE					11h00 30' STRETCH & RELEASE
12h45 30' LES MILLS GRIT ATHLETIC	12h45 30' B-BIKING		12h45 30' B-BOUND FIT	12h45 30' LES MILLS GRIT ATHLETIC	LIBRE ACCÈS
15h00 45' YOGA	15h00 45' PILATES	LIBRE ACCÈS	15h00 45' MOBILITY	15h00 45' PILATES	
	15h45 30' STRETCH & RELEASE		15h45 30' SERENITY SCULPT		
17h30 30' LES MILLS GRIT STRENGTH	17h30 30' LES MILLS GRIT CARDIO	17h30 45' AERO	17h30 45' LES MILLS BODYCOMBAT	17h30 30' B-BIKING	
18h00 30' LES MILLS CORE	18h00 45' B-BOUND FIT	18h15 30' LES MILLS CORE	18h15 45' LES MILLS BODYSTEP	18h00 30' LES MILLS GRIT CARDIO	
18h30 45' ZUMBA	18h45 45' LES MILLS BODYCOMBAT	18h45 45' B-BIKING	19h00 45' LES MILLS BODYPUMP	18h30 45' YOGA	
19h15 45' YOGA	19h30 30' LES MILLS CORE	19h30 30' STRETCH & RELEASE	19h45 30' PILATES		
	20h00 30' MOBILITY				

HORAIRE :

LUNDI - MARDI - JEUDI - VENDREDI : 9h30 - 21h00

MERCREDI : 9h30 - 12h30 & 17h00 - 21h00

SAMEDI : 9h30 - 12h30



SILVER FITNESS CLUB
CODE D'ARRIÈRE