

PLANNING DES COURS

À PARTIR DU 30 MAI 2022

| LUNDI 09h00-21h00 | | | | MARDI 09h00-21h00 | | | | MERCREDI 07h00-21h00 | | | | JEUDI 09h00-21h00 | | | | | | | |
|-------------------------------------|------------|--------------------------------------|-----------|--|-------------------------------------|---|-------------------------------|--------------------------------------|------------|---|-----------|---|------------|---|--|--|--|--|--|
| STUDIO1 | STUDIO RPM | PLATEAU | EXTÉRIEUR | STUDIO1 | STUDIO RPM | PLATEAU | EXTÉRIEUR | STUDIO1 | STUDIO RPM | PLATEAU | EXTÉRIEUR | STUDIO1 | STUDIO RPM | PLATEAU | EXTÉRIEUR | | | | |
| | | | | 07H00-08H00 GOOD MORNING YOGA | | | | | | 07H00-08H00 CROSS TRAINING | | | | | | | | | |
| 10H00-11H00 GYMBALL | | | | 10H00-11H00 CUISSSES ABDOS FESSIERS | | | | 10H00-11H00 YOGA VINYASA DÉBUTANT | | | | 10H00-11H00 CIRCUIT TRAINING | | | | | | | |
| 12H30-13H15 LES MILLS BODYATTACK | | 12H30-13H15 CROSS TRAINING CARDIO | | 12H30-13H15 PILATES | 12H45-13H30 LES MILLS RPM | 12H30-13H15 CROSS TRAINING | | 12H30-13H15 LES MILLS BODYPUMP | | 12H30-13H15 CROSS TRAINING | | 12H30-13H15 GYMBALL | | 12H15-13H00 CIRCUIT TRAINING HAUTE INTENSITE | | | | | |
| 18H00-18H45 LES MILLS BODYPUMP | | 17H30-18H00 CIRCUIT ABDOS | | 17H30-18H15 PILATES | 18H00-18H45 LES MILLS RPM | 18H00-19H00 CIRCUIT TRAINING HAUTE INTENSITE | 17H30-18H00 ABDOS FESSIERS | 17H30-18H00 BOOTY BURN | | 17H30-18H30 CROSS TRAINING TECHNIQUE | | 18H15-19H15 YOGA VINYASA | | 17H30-18H30 CROSS TRAINING | 17H30-18H15 CUISSSES ABDOS FESSIERS | | | | |
| 19H45-19H30 LES MILLS BODYCOMBAT | | 18H00-19H00 CROSS TRAINING CARDIO | | 18H15-19H00 ZUMBA | 19H00-20H00 LES MILLS BODYATTACK | 19H00-20H00 CIRCUIT TRAINING HAUTE INTENSITE | 19H00-20H00 ABDOS FESSIERS | 19H00-19H30 ABDOS FESSIERS | | 18H30-19H30 CROSS TRAINING TECHNIQUE | | 19H30-20H15 GYMBALL | | 18H30-19H30 CROSS TRAINING | 19H15-20H00 LES MILLS BODYCOMBAT | | | | |
| | | 19H15-20H00 LES MILLS RPM | | 19H00-20H00 LES MILLS BODYATTACK | 19H15-20H00 LES MILLS RPM | | 20H00-20H20 ABDOS FLASH | 19H30-20H15 PILATES | | 19H30-20H30 CROSS TRAINING TECHNIQUE | | | | | | | | | |
| | | 20H00-20H20 ABDOS FLASH | | | | | | | | | | | | | | | | | |
| VENDEDI 07h00-20h30 | | | | SAMEDI 09h30-13h00 | | | | DIMANCHE 09h30-13h00 | | | |  OUVERT 7J/7  05 56 12 55 79  6-8 RUE DE THALES 33700 MERIGNAC SERVICE ADDITIONNEL COACHING PERSONNALISÉ | | | | | | | |
| | | 07H00-08H00 CROSS TRAINING | | | | | | | | | | | | | | | | | |
| 10H00-11H00 PILATES | | | | 10H00-11H00 LES MILLS BODYPUMP | | | | 10H00-10H30 CIRCUIT ABDOS | | | | | | | | | | | |
| 12H30-13H15 YOGA VINYASA | | 12H30-13H15 CROSS TRAINING TEAM | | 12H00-12H45 LES MILLS RPM | | 11H00-12H00 CROSS TRAINING | | 11H00-12H00 YOGA HATHA FLOW | | 10H30-11H30 CIRCUIT TRAINING | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | |
| 18H00-18H45 LES MILLS RPM | | | | | | | | | | | | | | | | | | | |
| | | 19H00-19H45 CIRCUIT TRAINING | | | | | | | | | | | | | | | | | |



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VOS COURS



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