

Fitness

Lundi

09h45 ^(3h)

blueball

11h00 ⁽⁴⁵⁾

stretching

15h30 ⁽⁴⁵⁾

hiit

18h00 ⁽⁴⁵⁾

LES MILLS RPM

18h50 ⁽⁴⁵⁾

LES MILLS BODYATTACK

19h40 ^(1h)

LES MILLS BODYPUMP

Mardi

10h00 ⁽⁴⁵⁾

caf

11h00 ⁽¹⁵⁾

LES MILLS RPM

17h45 ^(1h)

blueball

18h50 ⁽⁴⁵⁾

LES MILLS SH'BAM

x - r u n

19h40 ⁽⁴⁵⁾

stretching

Mercredi

10h00 ⁽⁴⁵⁾

stretching

11h00 ⁽⁴⁵⁾

circ. training

18h00 ⁽⁴⁵⁾

step

18h50 ⁽⁴⁵⁾

caf

19h40 ⁽⁴⁵⁾

LES MILLS RPM

Jeudi

10h00 ⁽⁴⁵⁾

LES MILLS SH'BAM

11h00 ⁽⁴⁵⁾

blueball

18h00 ⁽⁴⁵⁾

LES MILLS RPM

18h50 ⁽⁴⁵⁾

LES MILLS BODYPUMP

19h40 ^(1h)

LES MILLS BODYATTACK

Vendredi

10h00 ⁽⁴⁵⁾

LES MILLS RPM

11h00 ⁽⁴⁵⁾

LES MILLS BODYPUMP

17h15 ⁽⁴⁵⁾

caf

17h30 ⁽⁴⁵⁾

x - r u n

18h00 ⁽⁴⁵⁾

LES MILLS BODYATTACK

18h50 ⁽⁴⁵⁾

LES MILLS RPM

Samedi

10h00 ⁽¹⁵⁾

circ. training

10h35 ⁽¹⁵⁾

LES MILLS BODYATTACK

11h15 ⁽⁴⁵⁾

LES MILLS RPM

Dimanche



Sittellia
centre aquatique & forme

intensités

COOL TONIC BOOST XTREM

 activités Premium sur réservation au ☎ 02 43 54 01 70