PLANNING FITNESS CANNES MOUGINS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
MATIN	9h00 - 60' LesMills BODYPUMP	9h15 - 45' PILATES FOAM	8h15 - 60' YOGA	9h15 - 50' LesMills RPM	9h00 - 45' PILATES MAT	9h15 - 50' LesMills RPM	10h00 - 45' LesMills BODYBALANCE
	10h00 - 30' LesMills CXWORX	10h00 - 45' STRETCHING	9h15 - 45' BODYWORK	10h15 - 45' LesMills BODYPUMP	9h45 - 45' PILATES RING	10h15 - 60' LesMills BODYPUMP	10h45 - 30' ABDO FESSIERS
	10h30 - 60' YOGA		10h00 - 30' ABDO FESSIERS		10h30 - 45' STRETCHING	11h15 - 60' LesMills BODYCOMBAT	11h15 - 60' LesMills BODYJAM
MIDI	12h15 - 50' LesMills RPM	12h15 - 30' LesMills CXWORX	12h30 - 60' LesMills BODYPUMP	12h15 - 30' LesMills RPM	12h30 - 30' CROSS TRAINING		FIT N ESS BE FIT BE ACTIVE WORK OUT WITH US/
	13h15 - 30' ABDO FESSIERS	12h45 - 30' LesMills BODYBALANCE		12h45 - 30' LesMills CXWORX	13h00 - 30' LesMills CXWORX		
APRES-MIDI	14h30 - 45' PILATES MAT	14h30 - 60' YOGA	14h30 - 60' LesMills BODYBALANCE	14h30 - 45' PILATES FOAM		14h30 - 45' PILATES MAT	
	15h15 - 45' STRETCHING			15h15 - 45' STRETCHING		15h15 - 45' STRETCHING	
	16h45 - 30' ABDO FESSIERS				16h45 - 45' BODYWORK	16h00 - 60' YOGA	
SOIR	17h15 - 45' STRETCHING	17h15 - 45' STEP NIV 1-2	17h15 - 60' LesMills BODYPUMP	17h15 - 30' LesMills CXWORX	17h30 - 45' LesMills BODYPUMP		
	18h00 - 45' ZUMBA	18h00 - 60' LesMills BODYPUMP	18h15 - 60' STEP NIV 2-3	17h45 - 45' LesMills BODYBALANCE	18h15 - 60' LesMills BODYJAM		
	18h15 - 50' LesMills RPM	18h15 - 30' LesMills RPM	18h30 - 50' LesMills RPM	18h30 - 60' LesMills BODYCOMBAT	18h15 - 50' LesMills RPM		
	18h45 - 45' LesMills BODYATTACK	19h00 - 60' LesMills BODYCOMBAT	19h15 - 30' ABDO FESSIERS	19h30 - 60' LesMills BODYPUMP	19h15 - 60' YOGA		
	19h30 - 45' LesMills BODYPUMP	19h05 - 50' LesMills RPM	19h45 - 60' LesMills BODYJAM				
		20h00 - 60' LesMills BODYBALANCE					

HORAIRES D'OUVERTURE : LUNDI AU VENDREDI 8H - 21H30 / SAMEDI 9H - 18H / DIMANCHE 9H - 13H