

| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI |
|--|---|---|---|---|--|
| 9h <small>LES MILLS</small> BODYBALANCE 45' | 9h ZUMBA 45' | 9h C.A.F 45' | 9h Abdo Dos 45' | 9h Trio Gym 45' | 9h C.A.F 30' |
| 10h Trio Gym 45' | 10h <small>LES MILLS</small> BODYPUMP 45' | 10h Stretch 30' | 10h Swiss Ball 45' | 10h <small>LES MILLS</small> BODYBALANCE 45' | 10h Stretch 30' |
| 12h <small>LES MILLS</small> BODYPUMP 45' | 12h <small>LES MILLS</small> RPM ® 50' | | 12h C.A.F 45' | 12h ZUMBA 45' | 10h <small>LES MILLS</small> BODYPUMP 60' |
| 14h Gym 45' | | 14h <small>LES MILLS</small> BODYPUMP 30' | 14h C.A.F 30' | 14h Abdo Dos 30' | 12h ZUMBA 60' Semaine paire |
| 15h Stretch 30' | | 15h Swiss Ball 30' | 15h <small>LES MILLS</small> BODYBALANCE 30' | 15h Stretch 30' | 12h <small>LES MILLS</small> RPM ® 50' Semaine impaire |
| | 16h Gym 30' | | | | |
| 17h <small>LES MILLS</small> BODYPUMP 60' | 17h C.A.F 45' | 17h Trio Gym 45' | 17h <small>LES MILLS</small> RPM ® 50' | 17h C.A.F 45' | |
| 18h C.A.F 45' | 18h <small>LES MILLS</small> BODYBALANCE 60' | 18h <small>LES MILLS</small> BODYCOMBAT 60' | 18h ZUMBA 60' | 18h <small>LES MILLS</small> BODYPUMP 60' | |
| 18h <small>LES MILLS</small> RPM ® 50' | | | | | |
| 19h ZUMBA 60' | 19h <small>LES MILLS</small> BODYMIX 60' | 19h <small>LES MILLS</small> BODYBALANCE 60' | 19h <small>LES MILLS</small> BODYATTACK 60' | 19h <small>LES MILLS</small> RPM ® 50' | |



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02.43.28.20.90
oclub-lemans.fr

R cours sur réservation

| LUNDI | MARDI | MERCREDI | JEUDI | VENDREDI | SAMEDI |
|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|----------------------------|
| 9h 15 Aqua GYM 30' | 9h 15 Aqua BOXE 45' | 9h 15 Aqua POWER 45' | 9h 15 Aqua TONIC 45' | 9h 30 Aqua JUMP 30' | 9h 30 Aqua BIKE 30' |
| 10h 00 Aqua TRAINING 45' | 10h 15 Aqua TONIC 30' | 10h 15 Aqua GYM 30' | 10h 15 Aqua BOXE 30' | 10h 15 Aqua TRAINING 45' | 10h 30 Aqua BIKE 30' |
| 11h 00 Aqua BIKE 30' | 11h 00 Aqua POWER 30' | 11h 00 Aqua BOXE 30' | 11h 00 Aqua GYM 30' | 11h 30 Aqua BIKE 30' | 11h 30 Aqua GYM 30' |
| 11h 45 Aqua BIKE 30' | 11h 45 Aqua GYM 30' | 11h 45 Aqua TONIC 30' | 11h 45 Aqua POWER 30' | | |
| 12h 30 Aqua GYM 30' | 12h 30 Aqua TONIC 30' | 12h 30 Aqua BIKE 30' | 12h 30 Aqua GYM 30' | 12h 30 Aqua TRAINING 45' | |
| | 16h 30 Aqua TRAINING 45' | 15h 30 Aqua TRAINING 45' | 16h 30 Aqua BIKE 30' | 16h 00 Aqua GYM 30' | |
| 17h 00 Aqua GYM 30' | 17h 30 Aqua GYM 30' | 16h 30 Aqua GYM 30' | 17h 30 Aqua BIKE 30' | 17h 00 Aqua TRAINING 45' | |
| 18h 00 Aqua TONIC 45' | 18h 30 Aqua TRAINING 45' | 17h 30 Aqua BIKE 30' | 18h 15 Aqua TRAINING 45' | 18h 00 Aqua BIKE 30' | |
| 19h 30 Aqua BIKE 30' | 19h 30 Aqua BIKE 30' | 18h 30 Aqua BIKE 30' | 19h 15 Aqua JUMP 45' | | |
| | 20h 15 Aqua BIKE 30' | 19h 30 Aqua TONIC 45' | | | |

Horaires ouverture

9H/21H

Du lundi au vendredi

9H/16H

Le samedi



Cours sur réservation avec HEITZ FIT 3.0