



IRON»SCULPT
FITNESS

PLANNING COURS COLLECTIFS

LUNDI		MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
12 h 30 – 13 h 15 HIIT		12 h 30 – 13 h 15 LES MILLS Shapes	12 h 30 – 13 h 15 BODY SCULPT	12 h 30 – 13 h 30 HYROX RACE	12 h 45 – 13 h 30 AFS	10 h – 10 h 45 BODY SCULPT	10 h – 10 h 45 HIIT
		12 h 45 – 13 h 30 HYROX CONDITIONING		12 h 45 – 13 h 30 BIKING		10 h 45 – 11 h ZUMBA	10 h 45 – 11 h 30 LES MILLS RPM
MIDI ▲ ▼ SOIR							
18 h 30 – 19 h 15 HIIT		18 h 30 – 19 h 15 LES MILLS BODY PUMP	18 h 30 – 19 h 30 LES MILLS BODY PUMP	18 h 30 – 19 h 15 LES MILLS Shapes	17 h 15 – 18 h PILATES	11 h – 12 h PILATES	
19 h 15 – 20 h		19 h 15 – 20 h LES MILLS Shapes	19 h 30 – 20 h STRETCHING	19 h 15 – 20 h	18 h – 18 h 45 HYROX CONDITIONING	11 h 30 – 12 h 15 HYROX MAX	
LES MILLS RPM	PILATES		HYROX MAX	LES MILLS RPM	STEP 2		
		19 h 30 – 20 h 15 HYROX MAX		20 h – 21 h STEP 3	18 h 45 – 19 h 45 YOGA	12 h 15 – 13 h 15 YOGA	
		20 h – 21 h STEP 1					