

GRASSE ST MARC

Lundi - Vendredi 9h00/22h00 - Samedi 9h30/18h - Dimanche 10h/13h

GRASSE PAOUTE

7/7 de 6h à 23h

ANTIBES-JUAN LES PINS

Lundi - Vendredi 8h30/21h00 Samedi 9h00/16h00

LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI	
MATIN		MATIN		MATIN		MATIN		MATIN	
SH'BAM 9h30 45'	BODY VIVE ACTIVE 9h30 45'	CYCLE 9h30 60'	BODY COMBAT 9h30 60'	BODY SCULPT 9h30 60'	BODY SCULPT 9h30 60'	ZUMBA 9h30 60'	YOGA DYN 9h30 45'	PILATES MAT 9h30 45'	BODY PUMP 9h30 60'
PILATES 10h15 45'	OXYGENE 10h15 45'	ROP TRAINING 10h30 45'	STRETCH 10h30 45'	CYCLE PRECISION 10h30 30'	OXYGENE 10h30 45'	ABDOS FESSIERS 10h30 45'	YOGA ZEN 10h15 45'	PILATES RING 10h15 45'	CYCLE 10h30 60'
BODY VIVE ACTIVE 12h15 45'	BODY PUMP 12h15 45'	CYCLE 12h15 45'	PILATES MAT 12h15 45'	ROP TRAINING 12h15 45'	BODY ATTACK 12h30 45'	OXYGENE 12h30 45'	BODY SCULPT 12h30 45'	CYCLE 12h30 45'	BODY BALANCE 12h30 45'
APRES-MIDI		APRES-MIDI		APRES-MIDI		APRES-MIDI		APRES-MIDI	
BODY PUMP 17h30 60'	BODY VIVE ACTIVE 16h45 45'	BODY PUMP 17h30 60'	FIT JAZZ 17h30 60'	SH'BAM 17h45 45'	CYCLE PRECISION 17h30 30'	PILATES 17h15 60'	ZUMBA 17h45 60'	ABDOS FESSIERS 17h15 30'	STEP 17h45 45'
SH'BAM 18h30 45'	ZUMBA 17h30 60'	CYCLE 18h30 60'	CYCLE PURSUIT 18h00 30'	CYCLE PRECISION 18h00 30'	STEP 18h00 45'	BODY PUMP 18h15 60'	CYCLE 17h45 60'	BODY PUMP 17h45 60'	BODY JAM 18h30 60'
CYCLE 18h30 60'	BODY COMBAT 18h30 60'	STEP 18h30 60'	ATHLETIC FORCE 18h30 60'	BODY VIVE ACTIVE 18h30 45'	CYCLE 18h00 60'	BODY ATTACK 19h15 60'	BODY SCULPT 18h45 45'	CYCLE 18h45 60'	CYCLE PURSUIT 18h30 30'
PILATES 19h15 45'	CYCLE PRECISION 19h30 30'	BODY SCULPT 19h30 45'	STRETCH 19h30 60'		BODY JAM 18h45 60'	CYCLE PURSUIT 19h15 30'	OXYGENE 19h30 45'		
SAMEDI		DIMANCHE		SAMEDI		DIMANCHE			
MATIN		MATIN		MATIN		MATIN			
BODY SCULPT 10h00 45'	OXYGENE 10h45 45'	BODY PUMP 10h15 60'	CYCLE 11h15 60'	BODY ATTACK 10h00 60'	BODY BALANCE 11h00 60'	CYCLE 10h00 60'			

LUNDI		MARDI		MERCREDI		JEUDI		VENDREDI	
MATIN		MATIN		MATIN		MATIN		MATIN	
BODY VIVE ACTIVE 9h00 60'	YOGA 9h00 60'	OXYGENE 9h00 60'	CYCLE PRECISION 9h00 30'	BODY PUMP 9h00 45'					
PILATES 10h00 45'	ABDOS FESSIERS 10h00 45'		BODY VIVE ACTIVE 9h30 45'	STRETCH 9h45 45'					
CYCLE PRECISION 12h30 30'	PILATES MAT 12h30 45'	BODY VIVE ACTIVE 12h30 60'	OXYGENE 12h30 30'	BODY PUMP 12h30 45'					
SPECIAL ABDOS 13h00 30'			ROP TRAINING 13h00 30'						
APRES-MIDI		APRES-MIDI		APRES-MIDI		APRES-MIDI		APRES-MIDI	
ABDOS FESSIERS 17h30 30'	URBAN DANCE 18h00 45'	CYCLE PURSUIT 17h30 30'	YOGA 17h30 60'						
BODY VIVE ACTIVE 18h00 45'	STEP 18h45 45'	BODY PUMP 18h00 60'	CYCLE 18h30 60'	BODY SCULPT 17h45 45'					
OXYGENE 18h45 45'	BODY SCLUPT 19h30 45'	PILATES 19h00 45'	ABDOS FESSIERS 19h30 30'	ZUMBA 18h30 60'					
SAMEDI		SAMEDI		SAMEDI		SAMEDI			
MATIN		MATIN		MATIN		MATIN			
BODY PUMP 10h00 60'	CYCLE 11h00 60'								

