



## LINEFIT CENTER - COURS COLLECTIFS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
09:00						
09:30	GYM DOUCE	LESMILLS BODYPUMP	LESMILLS BODYBALANCE	STRETCHING	LESMILLS BODYBALANCE	BUNGEE
10:00						
10:30						ZUMBA
11:00						
11:30						
12:00	12:15 LESMILLS GRIT STRENGHT	12:15 LESMILLS SPRINT	12:15 LESMILLS BODYPUMP	12:15 LESMILLS GRIT CARDIO	12:15 CIRCUIT CARDIO	
12:30						
13:00						
13:30						
14:00						
14:30						
15:00						
15:30						
16:00						
16:30						
17:00						
17:30						
18:00	ZUMBA	POUND	CIRCUIT PERFORMANCE	CAF (Cuisses, Abdos, Fessiers)		
18:30						
19:00	CAF (Cuisses, Abdos, Fessiers)	AEROBIC 80'	LESMILLS BODYPUMP	BIKE		
19:30						
20:00	STRONG NATION	WOD	BUNGEE	STRONG NATION		