



Léman Fit

THONON LES BAINS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI	DIMANCHE
9H	RPM	BODY ATTACK	BODY TRAINING	RPM	BODY TRAINING (spécial bas du corps)	RPM WOD	RPM
10H	BODY BALANCE WOD	BODY PUMP	STRETCHING	BODY PUMP	STRETCHING	ZUMBA CROSSKIDS*	BODY TRAINING
11H						BODY BALANCE ZUMBA KIDS*	
12H30	BODY PUMP	SPEED CORE		BODY TRAINING	WOD		
17H30	ZUMBA						
18H30	BODY PUMP WOD	BODY COMBAT WOD	BODY ATTACK RPM WOD	STEP WOD	BODY TRAINING		
19H30	RPM WOD	RPM WOD	STRETCHING WOD	BODY BALANCE RPM WOD			