

PLANNING

DOMYOS DAY

votre club de Lille sera ouvert de 8h à 20h

Salle 1

Salle 2

Salle 3 & 4

Salle 5

Salle 6

9:00				ABDO	
9:30	CYCLING INTERVAL		<small>DOMYOS DAY</small> BODYPUMP	PULSE AND SHAPE	PILATES
10:30	CYCLING ENDURANCE	BODYTONE	<small>DOMYOS DAY</small> BODYATTACK	SHAPE	<small>DOMYOS DAY</small> BODYBALANCE
11:30			BOXE AND SHAPE	ABDO	STRETCHING
14:00					<small>DOMYOS DAY</small> ATELIER YOGA : "Un dos plus fort et plus souple"
14:30			<small>DOMYOS DAY</small> ATELIER BASICS BOXE		
15:30				<small>DOMYOS DAY</small> ATELIER HALTERO	
15:45					<small>DOMYOS DAY</small> ATELIER YOGA "Les postures sur les mains"
16:30		PILATES			
17:30	<small>DOMYOS DAY</small> RPM	GYMLIGHT	<small>DOMYOS DAY</small> BODYPUMP	PULSE AND SHAPE	
18:30			<small>DOMYOS DAY</small> BODYCOMBAT	THE WOD (PREMIUM)	STRETCHING