

PLANNING

DOMYOS DAY

votre club de Marcq sera ouvert de 8h à 21h

Salle 1

Salle 2 & 3

Salle 4

Salle 5

Salle 7

Salle 8

8:30		GYMLIGHT			YOGA'SOFT	
9:30	PILATES	<small>DOMYOS DAY</small> BODYBALANCE	<small>DOMYOS DAY</small> RPM		YOGA' DYNAMIQUE	PULSE AND SHAPE
10:30		<small>DOMYOS DAY</small> BODYPUMP		BOXE AND ROPE	STRETCHING	SHAPE
11:30		<small>DOMYOS DAY</small> BODYATTACK	<small>DOMYOS DAY</small> RPM	BOXE AND SHAPE		THE WOD (PREMIUM)
14:00		<small>DOMYOS DAY</small> SELF'CONFIDANCE				
15:00				MARTIAL FAMILY		
16:30		<small>DOMYOS DAY</small> BODYPUMP				
17:30		<small>DOMYOS DAY</small> BODYCOMBAT		BOXE AND SHAPE		SHAPE
18:30		<small>DOMYOS DAY</small> ★ DANCEDOMYOS 80'	<small>DOMYOS DAY</small> ★ CYCLING 80'		STRETCHING	<small>DOMYOS DAY</small> ★ THE WOD 80'
19:00	<small>DOMYOS DAY</small> ★ BODYATTACK					

★ SOIRÉE SPORTIVE :

Disponible uniquement pour les abonnés.

Réservation obligatoire.