LA SALLE

Liste des cours

Jour	Date	Horaire	Cours	Moniteur
Jeudi	28.03.2024	12:15-13:10	Crosstraining	
Jeudi	28.03.2024	17:00-17:55	Crosstraining	
Jeudi	28.03.2024	18:00-18:45	Boxe 'N Burn	
Jeudi	28.03.2024	18:45-19:40	Booty club	
Jeudi	28.03.2024	19:45-20:40	Crosstraining	
Mardi	02.04.2024	09:15-10:10	Crosstraining	
Mardi	02.04.2024	12:15-13:10	Crosstraining	
Mardi	02.04.2024	17:15-18:15	Boxe 'N Burn	
Mardi	02.04.2024	18:15-19:10	Crosstraining	
Mardi	02.04.2024	19:15-20:10	Conditioning	
Mercredi	03.04.2024	09:30-10:25	Pilates	
Mercredi	03.04.2024	12:15-13:10	Conditioning	
Mercredi	03.04.2024	17:15-18:10	Crosstraining	
Mercredi	03.04.2024	18:15-19:10	Bulking club	
Mercredi	03.04.2024	19:15-20:10	Crosstraining	
Jeudi	04.04.2024	12:15-13:10	Crosstraining	
Jeudi	04.04.2024	17:00-17:55	Crosstraining	
Jeudi	04.04.2024	18:00-18:45	Boxe 'N Burn	
Jeudi	04.04.2024	18:45-19:40	Booty club	
Jeudi	04.04.2024	19:45-20:40	Crosstraining	
Vendredi	05.04.2024	09:15-10:10	Crosstraining	
Vendredi	05.04.2024	12:15-13:10	Crosstraining	
Vendredi	05.04.2024	16:15-17:10	Bulking club	
Vendredi	05.04.2024	17:15-18:10	Crosstraining	
Samedi	06.04.2024	09:15-10:10	Bulking club	
Samedi	06.04.2024	10:15-11:10	Crosstraining	
Samedi	06.04.2024	11:15-12:10	Booty club	
Lundi	08.04.2024	12:15-13:10	Crosstraining	
Lundi	08.04.2024	17:00-17:45	HIIT	
Lundi	08.04.2024	17:45-18:40	Crosstraining	
Lundi	08.04.2024	18:45-19:40	Booty club	
Lundi	08.04.2024	19:45-20:40	Crosstraining	
Mardi	09.04.2024	09:15-10:10	Crosstraining	
Mardi	09.04.2024	12:15-13:10	Crosstraining	
Mardi	09.04.2024	17:15-18:15	Boxe 'N Burn	
Mardi	09.04.2024	18:15-19:10	Crosstraining	
Mardi	09.04.2024	19:15-20:10	Conditioning	
Mercredi	10.04.2024	09:30-10:25	Pilates	

Mercredi	10.04.2024	12:15-13:10	Conditioning
Mercredi	10.04.2024	17:15-18:10	Crosstraining
Mercredi	10.04.2024	18:15-19:10	Bulking club
Mercredi	10.04.2024	19:15-20:10	Crosstraining
Jeudi	11.04.2024	12:15-13:10	Crosstraining
Jeudi	11.04.2024	17:00-17:55	Crosstraining
Jeudi	11.04.2024	18:00-18:45	Boxe 'N Burn
Jeudi	11.04.2024	18:45-19:40	Booty club
Jeudi	11.04.2024	19:45-20:40	Crosstraining
Vendredi	12.04.2024	09:15-10:10	Crosstraining
Vendredi	12.04.2024	12:15-13:10	Crosstraining
Vendredi	12.04.2024	16:15-17:10	Bulking club
Vendredi	12.04.2024	17:15-18:10	Crosstraining
Samedi	13.04.2024	09:15-10:10	Bulking club
Samedi	13.04.2024	10:15-11:10	Crosstraining
Samedi	13.04.2024	11:15-12:10	Booty club
Lundi	15.04.2024	12:15-13:10	Crosstraining
Lundi	15.04.2024	17:00-17:45	HIIT
Lundi	15.04.2024	17:45-18:40	Crosstraining
Lundi	15.04.2024	18:45-19:40	Booty club
Lundi	15.04.2024	19:45-20:40	Crosstraining
Mardi	16.04.2024	09:15-10:10	Crosstraining
Mardi	16.04.2024	12:15-13:10	Crosstraining
Mardi	16.04.2024	17:15-18:15	Boxe 'N Burn
Mardi	16.04.2024	18:15-19:10	Crosstraining
Mardi	16.04.2024	19:15-20:10	Conditioning
Mercredi	17.04.2024	09:30-10:25	Pilates
Mercredi	17.04.2024	12:15-13:10	Conditioning
Mercredi	17.04.2024	17:15-18:10	Crosstraining
Mercredi	17.04.2024	18:15-19:10	Bulking club
Mercredi	17.04.2024	19:15-20:10	Crosstraining
Jeudi	18.04.2024	12:15-13:10	Crosstraining
Jeudi	18.04.2024	17:00-17:55	Crosstraining
Jeudi	18.04.2024	18:00-18:45	Boxe 'N Burn
Jeudi	18.04.2024	18:45-19:40	Booty club
Jeudi	18.04.2024	19:45-20:40	Crosstraining
Vendredi	19.04.2024	09:15-10:10	Crosstraining
Vendredi	19.04.2024	12:15-13:10	Crosstraining
Vendredi	19.04.2024	16:15-17:10	Bulking club
Vendredi	19.04.2024	17:15-18:10	Crosstraining
Samedi	20.04.2024	09:15-10:10	Bulking club
Samedi	20.04.2024	10:15-11:10	Crosstraining

Samedi	20.04.2024	11:15-12:10	Booty club
Lundi	22.04.2024	12:15-13:10	Crosstraining
Lundi	22.04.2024	17:00-17:45	HIIT
Lundi	22.04.2024	17:00-17:45	HIIT
Lundi	22.04.2024	17:45-18:40	Crosstraining
Lundi	22.04.2024	18:45-19:40	Booty club
Lundi	22.04.2024	19:45-20:40	Crosstraining
Mardi	23.04.2024	09:15-10:10	Crosstraining
Mardi	23.04.2024	12:15-13:10	Crosstraining
Mardi	23.04.2024	17:15-18:15	Boxe 'N Burn
Mardi	23.04.2024	18:15-19:10	Crosstraining
Mardi	23.04.2024	19:15-20:10	Conditioning
Mercredi	24.04.2024	09:30-10:25	Pilates
Mercredi	24.04.2024	12:15-13:10	Conditioning
Mercredi	24.04.2024	17:15-18:10	Crosstraining
Mercredi	24.04.2024	18:15-19:10	Bulking club
Mercredi	24.04.2024	19:15-20:10	Crosstraining
Jeudi	25.04.2024	12:15-13:10	Crosstraining
Jeudi	25.04.2024	17:00-17:55	Crosstraining
Jeudi	25.04.2024	18:00-18:45	Boxe 'N Burn
Jeudi	25.04.2024	18:45-19:40	Booty club
Jeudi	25.04.2024	19:45-20:40	Crosstraining
Vendredi	26.04.2024	09:15-10:10	Crosstraining
Vendredi	26.04.2024	12:15-13:10	Crosstraining
Vendredi	26.04.2024	16:15-17:10	Bulking club
Vendredi	26.04.2024	17:15-18:10	Crosstraining
Samedi	27.04.2024	09:15-10:10	Bulking club
Samedi	27.04.2024	10:15-11:10	Crosstraining
Samedi	27.04.2024	11:15-12:10	Booty club
Lundi	29.04.2024	12:15-13:10	Crosstraining
Lundi	29.04.2024	17:00-17:45	HIIT
Lundi	29.04.2024	17:00-17:45	HIIT
Lundi	29.04.2024	17:45-18:40	Crosstraining
Lundi	29.04.2024	18:45-19:40	Booty club
Lundi	29.04.2024	19:45-20:40	Crosstraining
Mardi	30.04.2024	09:15-10:10	Crosstraining
Mardi	30.04.2024	12:15-13:10	Crosstraining
Mardi	30.04.2024	17:15-18:15	Boxe 'N Burn
Mardi	30.04.2024	18:15-19:10	Crosstraining
Mardi	30.04.2024	19:15-20:10	Conditioning
Mercredi	01.05.2024	09:30-10:25	Pilates
Mercredi	01.05.2024	12:15-13:10	Conditioning

Mercredi	01.05.2024	17:15-18:10	Crosstraining
Mercredi	01.05.2024	18:15-19:10	Bulking club
Mercredi	01.05.2024	19:15-20:10	Crosstraining
Jeudi	02.05.2024	12:15-13:10	Crosstraining
Jeudi	02.05.2024	17:00-17:55	Crosstraining
Jeudi	02.05.2024	18:00-18:45	Boxe 'N Burn
Jeudi	02.05.2024	18:45-19:40	Booty club
Jeudi	02.05.2024	19:45-20:40	Crosstraining
Vendredi	03.05.2024	09:15-10:10	Crosstraining
Vendredi	03.05.2024	12:15-13:10	Crosstraining
Vendredi	03.05.2024	16:15-17:10	Bulking club
Vendredi	03.05.2024	17:15-18:10	Crosstraining
Samedi	04.05.2024	09:15-10:10	Bulking club
Samedi	04.05.2024	10:15-11:10	Crosstraining
Samedi	04.05.2024	11:15-12:10	Booty club
Lundi	06.05.2024	12:15-13:10	Crosstraining
Lundi	06.05.2024	17:00-17:45	HIIT
Lundi	06.05.2024	17:45-18:40	Crosstraining
Lundi	06.05.2024	18:45-19:40	Booty club
Lundi	06.05.2024	19:45-20:40	Crosstraining
Mardi	07.05.2024	09:15-10:10	Crosstraining
Mardi	07.05.2024	12:15-13:10	Crosstraining
Mardi	07.05.2024	17:15-18:15	Boxe 'N Burn
Mardi	07.05.2024	18:15-19:10	Crosstraining
Mardi	07.05.2024	19:15-20:10	Conditioning
Mercredi	08.05.2024	09:30-10:25	Pilates
Mercredi	08.05.2024	12:15-13:10	Conditioning
Mercredi	08.05.2024	17:15-18:10	Crosstraining
Mercredi	08.05.2024	18:15-19:10	Bulking club
Mercredi	08.05.2024	19:15-20:10	Crosstraining
Jeudi	09.05.2024	12:15-13:10	Crosstraining
Jeudi	09.05.2024	17:00-17:55	Crosstraining
Jeudi	09.05.2024	18:00-18:45	Boxe 'N Burn
Jeudi	09.05.2024	18:45-19:40	Booty club
Jeudi	09.05.2024	19:45-20:40	Crosstraining
Vendredi	10.05.2024	09:15-10:10	Crosstraining
Vendredi	10.05.2024	12:15-13:10	Crosstraining
Vendredi	10.05.2024	16:15-17:10	Bulking club
Vendredi	10.05.2024	17:15-18:10	Crosstraining
Samedi	11.05.2024	09:15-10:10	Bulking club
Samedi	11.05.2024	10:15-11:10	Crosstraining
Samedi	11.05.2024	11:15-12:10	Booty club

Mardi	14.05.2024	19:15-20:10	Conditioning
Mercredi	15.05.2024	12:15-13:10	Conditioning
Mardi	21.05.2024	19:15-20:10	Conditioning
Mercredi	22.05.2024	12:15-13:10	Conditioning
Mardi	28.05.2024	19:15-20:10	Conditioning
Mercredi	29.05.2024	12:15-13:10	Conditioning
Mardi	04.06.2024	19:15-20:10	Conditioning
Mercredi	05.06.2024	12:15-13:10	Conditioning
Mardi	11.06.2024	19:15-20:10	Conditioning
Mercredi	12.06.2024	12:15-13:10	Conditioning
Mardi	18.06.2024	19:15-20:10	Conditioning
Mercredi	19.06.2024	12:15-13:10	Conditioning
Mardi	25.06.2024	19:15-20:10	Conditioning
Mercredi	26.06.2024	12:15-13:10	Conditioning