

# BANANAMOVE

Lundi

Mardi

Mercredi

Jeudi

Vendredi

Samedi

Dimanche

9h30

BANANA  
*Caf*

BANANA  
*Hatha Yoga*

BANANA  
*Sculpt*

BANANA  
*Pilates*

LES MILLS  
**BODYPUMP**

9h30

BANANA  
*Step intermédiaire*

LES MILLS  
**BODYPUMP**

10h30

BANANA  
*Stretch*

BANANA  
*Circuit*

BANANA  
*Stretch*

LES MILLS  
**BODYBALANCE**

BANANA  
*Ball*

10h30

BANANA  
*Sculpt*

LES MILLS  
**DANCE**

11h30

BANANA  
*Ball*



BANANA  
*Essential*

11h30

BANANA  
*Pilates*

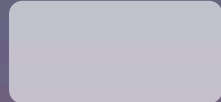
LES MILLS  
**BODYBALANCE**

12h30

LES MILLS  
**BODYPUMP**

BANANA  
*Pilates*

BANANA  
*Circuit*



BANANA  
*Circuit*

14h30

BANANA  
*360°*



BANANA  
*Ball*

BANANA  
*Gym Do*



17h30

LES MILLS  
**BODYBALANCE**

BANANA  
*Caf*

BANANA  
*Hatha Yoga*

BANANA  
*Pilates*

LES MILLS  
**BODYPUMP**

18h30

LES MILLS  
**BODYATTACK**

LES MILLS  
**BODYCOMBAT**

LES MILLS  
**BODYPUMP**

ZUMBA

LES MILLS  
**BODYBALANCE**

19h30

BANANA  
*Circuit*

LES MILLS  
**BODYPUMP**

BANANA  
*Aéro dance*

BANANA  
*Step débutant*



Ban  
and  
fit