

NICE MERCANTOUR CLUB DE SPORT

PLANNING DES COURS COLLECTIFS

	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
09h30	 PILATES 45'	 LESMILLS BODYPUMP	 9H15 FULL BODY	 CARDIO SCULPT	 LESMILLS BODYPUMP	09h30  LESMILLS RPM
10h30	 FULL BODY	 YOGA	 10H STEP	 LESMILLS RPM	 PILATES 45'	10h30  LESMILLS BODYPUMP
11h30	 STRETCHING 45'	 CAF 45'	 10H45 BODY ZEN 45'	 GYM BALL 45'	 HIIT 45'	11h30  YOGA 45'
12h30	 LESMILLS BODYPUMP	 BIKE	 YOGA	 CROSS TRAINING	 FULL BODY 30' BODY ZEN 30'	
17h30	 CARDIO SCULPT	 BODY ZEN 45'	 BIKE	 LESMILLS BODYPUMP	 HYCROSS	
18h30	 LESMILLS RPM	 LESMILLS BODYPUMP	 CROSS TRAINING	 HIIT 45' ABDOS 15'	 LESMILLS RPM	
19h30	 BODY ZEN 30'	 ABDOS CORE 15' STRETCH 15'	 PILATES 30'	 STRETCHING 30'	 PILATES 30'	
	 SOUPLESSE	 CARDIO	 FORCE			

OUVERTURES : Du lundi au vendredi de 8h30 à 21h00 / Le samedi de 9h à 13h

RENSEIGNEMENTS : 04 92 29 46 56 www.nice.fr



VILLE DE NICE