

#DAMALIS
Le Club
PLANNING

LUNDI

9H15 - 10H

W.O.D

10h15 - 11H

LES MILLS
BODYBALANCE

12h30 - 13h15

C.A.F

18H - 18H45

PILATES

19H-19H45

LES MILLS
BODYPUMP

18H30-20H

SPE HALTERO

MARDI

9H15 - 10H

LES MILLS
BODYBALANCE

10h15 - 11H

LES MILLS
BODYPUMP

18H - 18H45

CIRCUIT
TRAINING

19H-19H45

YOGA STRETCH

MERCREDI

9H15 - 10H

PILATES

10h15 - 11H

C.A.F

12h30 - 13h15

TABATA

18H - 18H45

LES MILLS
BODYPUMP

19H-19H45

ZUMBA

18H30-20H

SPE HALTERO

JEUDI

9H15 - 10H

GYM DU DOS

10h15 - 11H

CIRCUIT
TRAINING

18H - 18H45

STRONG
NATION

19H-19H45

LES MILLS
BODYBALANCE

VENREDI

9H15 - 10H

LES MILLS
BODYBALANCE

10h15 - 11H

ZUMBA

12h30 - 13h15

C.A.F

16H30-17H

LES MILLS
BODYPUMP

17H15-18H

PILATES

17H-19H

SPE HALTERO

SAMEDI

7H- 21H

ACCES LIBRE

ACCES LIBRE

DIMANCHE

7H-21H

ACCES LIBRE

ACCES LIBRE

7H-21H Accès libre du lundi au vendredi

COACHING Sur rendez-vous



eversports

05.59.02.08.32 - leclub@damalis.fr

@damalis_le_club

