

Retrouvez votre club Vit' halles Montpellier sur fitness france

VIT'HALLES MONTPELLIER 2014/2015

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|----------------------------------|---------|----------------|---------|--------------------------|--------------------|----------|-------|-------------------|--------|-------|------------------|----------|---------------|--------------|---------|---------|----------|----------|-------|---------|-----|
| LUNDI | | | MARDI | | | MERCREDI | | | JEUDI | | | VENDREDI | | | SAMEDI | | | DIMANCHE | | | |
| HEURE | COURS | PROFS | HEURE | COURS | PROFS | HEURE | COURS | PROFS | HEURE | COURS | PROFS | HEURE | COURS | PROFS | HEURE | COURS | PROFS | HEURE | COURS | PROFS | |
| MATIN | 9H00 | PILATES | Marine | 9H00 | TBC | Mickael | 9H00 | BALANCE | Marine | 9H00 | A TAILLE 30 | Lucy | 9H00 | PUMP | Bri | 10H30 | ATCF 60' | Fabrice | 10H30 | RPM | Ben |
| | | RPM | Lucy | | | | | | | | STRETCHING 30 | Lucy | 10H00 | A TAILLE 30 | Bri | 11H30 | PUMP | Fabrice | 11H30 | PUMP | Ben |
| | 10H00 | PUMP | Lucy | 10H00 | STRETCHING 1H | Mickael | 10H00 | TRX | Marine | 10H00 | Body Jam | Lucy | 10H00 | CUISS FES 30 | Bri | 12H30 | BALANCE | Marine | 12H30 | AF | Ben |
| | | | | | | | | RPM | Lucy | | | | | | | 12H30 | RPM | Fabrice | 13H00 | STRETCH | Ben |
| | | | | | | | | | | | | | | | 13h30 | PILATES | Marine | | | | |
| MIDI | 12H15 | ATCF | Lucy | 12H15 | LIA 1 | Bri | 12H15 | PUMP | Lucy | 12H15 | PILATES | Marine | 12H15 | STEP 1 | Bri | | | | | | |
| | 12H30 | Military Bike | Benoit | 12H30 | Military Bike | Benoit | 12H30 | | | 12H30 | Military Bike | Benoit | 12H15 | RPM | Lucy | | | | | | |
| | 13H15 | STRETCHING 45' | Lucy | 13H15 | Abdos Fessiers 45' | Bri | 13H15 | STRETCHING 45' | Lucy | 13H | TRX 45' | Marine | 13H15 | ATCF 45' | Lucy | | | | | | |
| SOIR | 16H30 | TRX | Marine | ENFANTS 14h-16h30 marine | | | | | | | | | | | | | | | | | |
| | 17H30 | ZUMBA | Ana | 17H00 | Stretching 30' | Mickael | 17H00 | Abdos Fessiers 30 | Benoit | 17H00 | DOT CAMP FLASH 3 | Benoit | 17H00 | BALANCE | Marine | | | | | | |
| | | RPM | Marine | 17h30 | LIA 1 | Mickael | 17H30 | BOOT CAMPS | Benoit | 17H30 | TRX | Fabrice | 18H00 | ABDOS 30' | Marine | | | | | | |
| | 18H30 | STEP 2 | Ana | 18H30 | Body Jam | Lucy | 18h30 | PILATES | Marine | 18H30 | BODY ATTACK | Fabrice | 18H30 | PUMP | Fabrice | | | | | | |
| | | RPM | Fabrice | | RPM | Marine | | RPM | Lucy | | RPM | Ben | | Military RUN | Benoit | | | | | | |
| | 19H30 | BODYCOMBAT | Fabrice | 19H30 | BODY ATTACK | Marine | 19H30 | STEP 1 | Ana | 19H30 | LIA 2 | Mickael | 19H30 | LIA 3 | Ludovic | | | | | | |
| | | RPM | Lucy | | RPM | Fabrice | | RPM | Marine | 19H30 | Military Bike | Benoit | 19H30 | RPM | Fabrice | | | | | | |
| 20H30 | BALANCE | Marine | 20H30 | TRX | Fabrice | 20H30 | ZUMBA | Ana | 20H30 | PUMP | Ben | 20H30 | HIP HOP house | Ludovic | | | | | | | |

Planning à télécharger sur notre site
www.vithalles.fr

Ouverture: le lundi et mardi de 7h à 22h30
du mercredi au vendredi de 8h à 22h30
samedi et dimanche de 10h à 19h

