MINDFIT STUDIO

PLANNING

2025 - 2026

LUNDI

17H -17H45 : PILATES & STRETCH

18H - 18H50 : CROSS-TRAINING MIX

19H - 20H10 : YOGA VINYASA

ORCIÈRES VILLAGE

MARDI

16H30 - 17H30 : KIDS TRAINING

18H - 18H45 : KANGOO JUMPS

ORCIÈRES VILLAGE

MERCREDI

18H30 : CROSS-TRAINING RENFO

19H30 : PILATES POWER

ORCIÈRES VILLAGE

JEUDI

7H20 - 8H20 : YOGA MORNING FLOW

ORCIÈRES VILLAGE

SAMEDI

9H - 9H45 : PILATES POWER

CKS CHAMPSAUR