



CARDIO BOOST

Sweat hard & build your muscles and your stamina



BEATHOME
On-Demand



BEATHOME
Live

MONDAY



HIIT Low Impact
20'
Lucile

TUESDAY



HIIT Bodyweight
20'
Géraldine

WEDNESDAY



Special Mobility
45'
Lucile

THURSDAY



HIIT - Tabata
30'
Emily

FRIDAY



HIIT CoreStrong
20'
Audrik

SATURDAY



SCULPT
45'
Ana

SUNDAY

OUTDOOR
WALK
30'
Medium Pace

MONDAY



HIIT - Tabata
30'
Emily

TUESDAY



SCULPT
45'
Ana

WEDNESDAY



Special Mobility
45'
Lucile

THURSDAY



BOXE & HIIT
45'
Audrik

FRIDAY



HIIT EMOM
45'
Géraldine

SATURDAY

OUTDOOR
WALK
30'
Medium Pace

SUNDAY



YOGA Hips Opener
20'
Shanon

MONDAY



SCULPT
45'
Ana

TUESDAY



HIIT Bodyweight
30'
Audrik

WEDNESDAY



HIIT
45'
Ilaria

THURSDAY



Special Mobility
30'
Lucile

FRIDAY



HIIT - Strength
45'
Francesco

SATURDAY



HIIT Cardioburst
15'
Lucile

SUNDAY

OUTDOOR
WALK
30'
Medium Pace