

PLANNING FITNESS A PARTIR DU 09 SEPTEMBRE 2019

	LUNDI	MARDI	MERCREDI	JEUDI	VENREDI	SAMEDI
9h	🕒 9h30 (60') BODY PUMP	🕒 9h30 (45') CAF	🕒 9h30 (45') CIRCUIT TRAINING	🕒 9h30 (45') TABATA	🕒 9h30 (45') PILATES	
10h	🕒 10h30 (45') BIKE 🕒 10h30 (45') STRETCHING	🕒 10h15 (60') BODY BALANCE	🕒 10h15 (45') PILATES	🕒 10h15 (45') BIKE 🕒 10h15 (60') BODY BALANCE	🕒 10h15 (45') ZUMBA	🕒 10h00 (45') TABATA
11h						🕒 10h45 (45') BIKE
12h	🕒 12h30 (45') ZUMBA	🕒 12h30 (45') PILATES	🕒 12h30 (45') BODY PUMP	🕒 12h30 (45') BODY BALANCE	🕒 12h30 (45') CAF	
17h	🕒 17h45 (60') TABATA					
18h	🕒 18h45 (45') STEP DEBUTANT 🕒 18h45 (45') BIKE	🕒 18H00 (30') H.I.I.T 🕒 18H30 (45') BODY JAM	🕒 18h15 (45') PILATES	🕒 18h00 (45') STEP INITIE 🕒 18h45 (45') BODY ATTACK	🕒 18h00 (60') BODY PUMP	
19h	🕒 19h30 (60') BODY ATTACK	🕒 19H15 (60') BODY PUMP	🕒 19h00 (45') BODY PUMP 🕒 19h45 (45') ZUMBA	🕒 19h30 (45') BIKE	🕒 19h00 (30') STRETCHING	
20h				🕒 20h15 (30') STRETCHING		

Ce planning de cours collectifs est susceptible de subir des modifications en fonction des attentes des adhérents et des impératifs de production.

■ RENFORCEMENT MUSCULAIRE
 ■ CARDIO
 ■ CYCLING
 ■ BIEN-ÊTRE
 ■ COURS EN OPTION ET SUR RESERVATION

